

Yoga and Physiotherapy Congress

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Tanja Pazou

USA

Live well! - Transform your life with creative movement

In this workshop we use ancient wisdom by practicing yoga and we use a variety of dance forms to create Trans-transformative tools for expansion and transformation having fun while exercising with creative purpose. In this workshop the participants will experience a physical mental-spiritual expansion through the ancient wisdom of yoga; and by practicing a variety of asanas that guide our practice daily, we enter the sacred space of the mind - we balance our thoughts and we become conscious of our breath that bridges both worlds, the seen and the unseen, the material and the non-material. Once we become conscious that we can access both worlds simultaneously, we draw from the creative space of our minds and we bring into the visible forms of movement inspired by a variety of dance forms that we playfully discover without judgment- free flowing-with creative purpose. We express ideas and feelings inspired by a variety of music choices, and we create movements with tools from our yoga practice and a variety of dance forms. This workshop is for beginners and advanced students, for yogis and non-yogis, for professional dancers as well as beginners, without judgement, just creative expansion seeking a path to self-discovery and tapping into the great potential of one-self through the movement arts, like a painter taking a brush colouring the canvas of his Life.

Biography

Tanja Pazou was born and raised in Germany where she studied professional Dance (Ballet, Modern Dance, Jazz Dance, Improvisation and Kinesiology), Physiology, Anatomy, Dance Choreography and Applied Behavior Analysis. At an early age she studied Ballet, Modern Dance and Jazz Dance, and she enjoyed the freedom the Movement Arts brought into her Life. Finishing a Bachelor Degree in Business and Finance, she enjoyed the "Escape" the Performing Arts provided for her. Experiencing a painful accident in her dance career, she was bed-bound for many months and she was forced to look into alternative healing methods after traditional medicine didn't work for her. During that time she discovered Yoga. After recovering of her injuries, she traveled to India and enjoyed the vast knowledge of ancient wisdom of yoga and the path of self reflection. This led her to expand on the idea of bridging the un-seen with the seen and the inner world with the outer world, and that's when she discovered Quantum Physics, Hermetic Teachings, Meditation, Shamanism, and the teachings of leading Psychiatrists and scholars in the field of Mind Expansion. in this workshop she is combining all her teachings as a professional Dancer & Choreographer, her studies in Yoga & Meditation and she calls it simply:

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