

SOMATIC DIALOGUE® FOR CURIOUS BEGINNERS

THIS COURSE OFFERS 2-MONTH AND 3-MONTH PACKAGES
WITH ONLINE WEEKEND GATHERINGS.



An invitation to feel your body, to feel your movement.

Join an introductory transformative experience into your body and
intuitive movement.

Through the gentle but powerful method of Somatic Dialogue®, you'll
discover step by step your mind's relationship with your body to provide
clarity, regulation, and creative insight.

This is a program for **beginners** offering safe accompaniment at each
step.

Package 1 (October and November 2025)

The Starting point: feeling my body

Two introductory weekend workshops on proprioception: our capacity of feeling our body in motion. With gentle exercises which are easy to understand and execute, you'll have an appetite to discover yourself more and will start feeling the sensuality flowing in your body.

October 4-5, 2025

Saturday 04.10.2025 Online movement class 10:00–12:00 (CET)

Sunday 05.10.2025 Online movement class 10:00–12:00 followed by 1,5h Questions &Answers (12:30–14:00) optional

November 15-16, 2025

Saturday 15.12.2025 Online movement class 10:00–12:00 (CET)

Sunday 16.11.2025 Online movement class 10:00–12:00 followed by 1,5h Questions &Answers (12:30–14:00) optional

Package 2 (January–February–March)

The journey begins: I feel, therefore I move

Three workshops which will take you through the challenge of fostering and encouraging YOUR movements. You will start the new year in movement and prepare for spring. You will discover how music can become a supporting partner. Will recognize how you work with music, and how you work with movement. You will feel that your shyness is slowly dissolving, leaving its place to confidence, as you feel more your movement you will feel also safer while they are happening.

January 10-11, 2026

Saturday 10.1.2026 Online movement class 10:00–12:00 (CET)

Sunday 2.1.2026 Online movement class 10:00–12:00 followed by 1,5h Questions &Answers (12:30–14:00) optional

February 14-15, 2026

Saturday 14.2.2026 Online movement class 10:00-12:00 (CET)

Sunday 15.2.2026 Online movement class 10:00-12:00 followed by
1,5h Questions &Answers (12:30-14:00) optional

March 14-15, 2026

Saturday 14.3.2026 Online movement class 10:00-12:00 (CET)

Sunday 15.3.2026 Online movement class 10:00-12:00 followed by
1,5h Questions &Answers (12:30-14:00) optional

Package 3 (May-June-July)

I have trust, I can dance into summer

In these last three workshops you will start recognizing the dance that is existing in you. Finding the trust to allow movements to happen, being able to ignore the inner voice judging, and feeling the grace of your own movements. With the experience of the preceding workshops you will be able to bring awareness not only to your proprioception but also interoception and exteroception: the world inside of me and the world surrounding me.

May 16-17, 2026

Saturday 16.5.2026 Online movement class 10:00-12:00 (CET)

Sunday 17.5.2026 Online movement class 10:00-12:00 followed by
1,5h Questions &Answers (12:30-14:00) optional

June 13-14, 2026

Saturday 13.6.2026 Online movement class 10:00-12:00 (CET)

Sunday 14.6.2026 Online movement class 10:00-12:00 followed by
1,5h Questions &Answers (12:30-14:00) optional

July 4-5, 2026

Saturday 4.7.2026 Online movement class 10:00-12:00 (CET)

Sunday 5.7.2026 Online movement class 10:00-12:00 followed by
1,5h Questions & Answers (12:30-14:00) optional

Pricing:

Package 1: 4,000 Czk (160 Euros)

Package 2: 6,000 Czk (240 Euros)

Package 3: 6,000 Czk (240 Euros)

If you buy 3 packages, the total is 13,500 CZK (550 Euros). To get this offer, you must purchase all 3 at the same time.

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Address: Donská 275/9 Prague 101 00 Czech republic