

## **Embodied Transitions WINTER 2026**

**12th January - 16th February**

**All group sessions are online from 19:45 - 21:00 CET**



### **JANUARY 12th:**

*Welcome + “Shaping Trajectories” w/Kirill Berezovski*

**PART 1:** *This discussion-based session explores how difficult work and life experiences can act as guides, clarifying what we value and where our passions lie. Together we’ll look at more challenging examples of work/life situations and how they made what you actually want more clear, revealing how they informed your sense of where your gut and intuition really want to go. Participants will leave with creative tasks to carry forward — using these experiences as a clear navigation system for the next session.*

### **JANUARY 19th:**

*“Shaping Trajectories” w/Kirill Berezovski*

**PART 2:** *This session focuses on identifying personal strengths and interests and exploring how they can be connected to both work and life. Through discussion and hands-on activities, we’ll look at ways to shape present interests and incorporate them into current research, artistic practice, or even funding applications. Together we’ll consider which lines of work in dance and art might suit these interests, and what other artistic approaches or studies could support them. We’ll also reflect on how intuition and the body often signal genuine interest, and conclude with a practical task to begin implementing these insights into your practice.*

<https://kirillberezovski.com/>

### **JANUARY 26th & FEBRUARY 2nd:**

*“How Crazy Are You?” w/Sade Mamedova*

*An invitation for dancers to explore the bold, curious, and unconventional parts of themselves that shape their artistic identity. **In these two sessions**, we’ll dig into your curiosities, your tastes, and the things that irresistibly attract you and what makes your creative voice unmistakably yours. Through intuitive mapping and collaging, you’ll create a personal village of ideas that can guide your artistic path.*

<https://www.sademamedova.com/>

**FEBRUARY 9th & 16th:**

*“Transitioning Body” w/Michael Bronczkowski*

*In these two sessions, we will take a look at the ever-changing body, how to notice change in yourself, how to welcome the process, and how to make it an active part of growing and honing skills as a movement artist or dancer. How do we approach sustainability within the arts, within ourselves?*

*What to expect: (reflective tasks, somatic work, mindset)*

- *reflective work (intrinsic motivation for moving)*
- *detecting individual movement qualities and bringing them into the active pool of conscious movement*
- *What makes you move? → Why are you moving? → Are you ever not moving?*
- *deep listening/ authentic movement practices as a recalibration for one's own system*
- *somatic work/ tissue response in the moment*
- *working with my body vs. working against my body*
- *acceptance of self*
- *standing my ground*

<https://www.michael-bronczkowski-mindful-mover.de/>

**PROGRAM COST:**

**175€ for the 6 group sessions**

**175€ for 3 private sessions w/mentor(s) of your choice**

**300€ group + private sessions discount package**

**HOW TO STEP IN:** simply send a message to [embodiedtransitions@gmail.com](mailto:embodiedtransitions@gmail.com)

**SIGN-UP WINDOW:** December 5th, 2025 - January 5th, 2026

**!! Step in by December 31st and save 25€ on both group & private sessions !!**

**MORE INFO:** <https://ameliaeisen.com/embodied-transitions/>

***Get in touch if you have questions or would like to schedule an exploration call!***

