



## Body Mind Centering with Helena Nicolao

In this course, we will dive into the vibrant landscape of different body systems together. Using the Body-Mind Centering® method, we will open up a space of experience that supports you in a holistic way: your bones will find new stability, your joints will be able to move effortlessly, your internal organs will gain emotional volume, and you will become aware of the dynamic movement of your muscles and fluids.

We work with anatomical image viewing, subtle and playful movement experiments, nourishing body journeys, and mindful touch sequences with partners. This allows you to experience firsthand how the individual body systems manifest themselves in their own unique ways—and how they shape the way you move, feel, and be.

This course invites you to discover new approaches to movement, lovingly awaken and unfold your potential, and explore the psychophysical connections of your experience with greater awareness.

BMC® is a practice of somatic learning. It allows you to experience anatomical and physiological connections and connects you with the processes of embryonic and early childhood movement development. At its core is the belief that every cell in the body has its own intelligence—and that you can learn to listen to it.

### Dates:

July 24/25/26, 2026

### Course times

11:00 a.m. – 4:30 p.m. (including a 1-hour lunch break)

### Cost

CHF 450 / ZOE SCHOOL students and ZOE SCHOOL alumni CHF 250

Location: ZOE SCHOOL FOR DANCE MOVEMENT THERAPY

Elsässerstrasse 34, CH 4056 Basel