

Discover the Evolutionaries© profiles in an inner journey facilitated by music and the bilingual support of Catarina.

Presentation

innerdance is not a “dance“ as one might commonly imagine. It is an inner journey, a process first remembered and shared by Pi Villaraza in the Philippines in 2011, which facilitates, through trust, sounds and intuitive touch, and a gradual expansion of consciousness.

The body can remain still during the entire process or move in exactly the way it is guided from within.

innerdance invites us to explore the fundamental questions of our existence:

- *remember what we really are*
- *welcome our inner energetic, emotional, and physical movements*
- *evolve in self-awareness ...*

... in the form of an intimate encounter between our mind and our essence, and a deep conversation between our consciousness and our heart.

Catarina Koletsis

Catarina holds a Bachelor's degree in Psychology, a Master's in Family Psychology, is a certified Brief Therapist. Her background includes energetic therapy, Sophrology and fundamental techniques of relaxation, as well as Hawaiian massage.

Innerdance facilitator.

Catarina's journey has been one nurtured by movement, music, body expression, curiosity, inner exploration, and a taste for travel. Throughout her life she has had various professional and personal experiences which have informed her path of embodying the values of self-inquiry and conscious awareness. To that extent, she has been guided to be of service in transmitting inspiration to the individual and the collective, both domestically and internationally.

Her passion for human beings and self-knowledge have led her to support adults in the non-profit sector, holistic body and psychotherapy centers, as well as family planning therapeutic centers.

Catarina has always been sensitive to the indivisible and constantly interacting link between body, heart and mind. Her experiences have shown her that movement is a language, which releases the information contained in the body, connecting to the heart and bringing greater awareness of thoughts, emotions and feelings.

In 2017, Catarina encountered innerdance, touched by the softness and power of this transformative process, she was led to Pi Villaraza, in the Philippines, who remembered and shared this modality. Catarina realized that her path was to deepen her experience and understanding, so she may also be of service in this way. She trained and continues to train with Pi Villaraza and Paradox, an innerdance non-profit training association.

Since 2019 she has participated in seminars and events offered by Whatweare, a training organization to deepen the path of self-knowledge and connection to inner resources and keys to wisdom. In 2024, within the auspices of Whatweare, Catarina will facilitate her innerdance workshops using the [Evolutionary© archetype profiles](#).

Catarina will provide the workshops in both French and English.

Practicalities

Catarina welcomes you with joy in sharing this moment with you, and offering you a space of trust, kindness and listening.

After a brief presentation of innerdance, you will be invited to lie down on a mat, and guided towards your inner journey, starting with relaxation. Music and sounds from a specially designed playlist will facilitate the experience of a gradual state of conscious trance to a lucid waking dream state.

Catarina accompanies each person's process with intuitive touch, body position, verbal guidance and essential oils. The body and music can then be in dialogue together, and remind you of the innate movement that lives in each of you. The workshop will then continue with a time of collective integration, and for those who wish, a time to share their experience.

Innerdance is an inclusive process which addresses all dimensions of being. Innerdance is an invitation to allow what is there, to be there, and to express what needs to be expressed. No prerequisites or skills are necessary, just a bit of curiosity, trust, and open-mindedness.

Some contraindications: No pregnant women during the first trimester, or beyond the seventh month, and people with epilepsy.

Please note that this is not a dance-movement practice but a meditative journey facilitated by music. The workshop is done lying down. This workshop is therefore to be differentiated from the practice of Evolutionary Dance which involves dance movement and gestures (> Evolutionary Dance©).

The workshops take place at the L'Astrevia venue, 9 impasse des Marronniers in Limoux in Aude.

This workshop is accessible to English speakers.