

The Art of Making a True move. With Arawana Hayashi

Classroom course - Barcelona

EMANA



Training in English.
Consecutive translation into Spanish.



Index

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1	Presentation	_____	03	2	Content	_____	04
3	Metodology	_____	05	4	Teached by	_____	06
5	Addressed to	_____	08	6	Price and suscription	—	09

Presentation

Arawana needs no introduction, she is a teacher who, like no other, embodies presence and has been able to articulate methodologies and practices to transmit it and above all to develop it.



Social Presencing Theater: The Art of Making a true Move
[Download the first chapter for free.](#)

Content

We invite you to share, in a small group, a day of experiential learning with master teacher Arawana Hayashi.

- Mindfulness of the body.
- Body-mind synchronisation as the basis of being.
- Cultivating a body or resonance.
- Awareness of the social body.
- No manipulation.
- No agenda.
- Comfort with uncertainty.
- Feeling the field, manifesting from the field.
- Trust without reason.
- The principle of 'ma'.

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Metodology

“Embodied Presence; the Art of Making a true Move”, the methodology created by the artist herself many years ago, explores authenticity, an integrated relationship between the body, the mind and the environment.

Arawana invites participants to discover their natural creativity while she guides them through a gentle process of cultivating a multidimensional attention to body, space and moment (Mindfulness -Awareness -Nowness).

Through these non-verbal exercises, new answers to the challenges of the speed and fragmentation of contemporary life are discovered.

This methodology provides a unique kinesthetic learning

experience that strengthens personal confidence, creative collaborations, teamwork, group communication and leadership skills.



Teached by

ARAWANA HAYASHI

Co-founder of the Presencing Institute, Massachusetts Institute of Technology (MIT), where she works with Otto Scharmer's team (Theory U) and developer of the "Social Presencing Theater" methodology. Arawana Hayashi is part of the faculty at Naropa University in Colorado (USA), where she is involved in the Authentic Leadership Degree. She also teaches in ALIA programmes at the Shambhala Institute for Authentic Leadership in Halifax, Canada, and collaborates in seminars with leading leadership experts such as Peter Block, Bill Joiner, Julio Olalla, Mark Gerzon and Michael Jones, among others. Her performing dimension is supported by her parallel experience as a dancer, choreographer and performing arts teacher.



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We recommend you this workshop if...

- you are interested in knowing the practical essence of Otto Scharmer's U theory.
- you practice mindfulness or meditation and you are seeking to learn and practice new proposals.
- you are interested in developing your presence as a leader, coach, trainer, etc.
- you are a professional in organizational or personal development and are looking for new ways to cultivate and express leadership.
- you are looking for truly transformative proposals for change.



ACCREDITATION:

Emana will certify attendance to this program and, in order to obtain it, it will be necessary to **complete 80% of the training.**

MORE INFORMATION:

If you need any further information, please contact iarrotegi@emana.net and she we will write you back within 48 hours.

IMPORTANT:

Places are limited and will be handled in rigorous order of registration.



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PRICE AND REGISTRATION:

STANDARD

350€ + IVA 21%

(Standard price for workshop attendance.
Price includes coffee, tea, fruit, nuts and pastries, lunch is not included.)

REGISTRATION

If you want to suscribe, click [here](#).

DURATION: 1 DAY (8 HOURS)



Classroom



Medium level



Short duration

DATE:

Date: **27th of february 2025**

- **Time:** form 9:00 to 14:00 h and from 15:30 to 18:30 h.
- **Place:** Hotel Front Maritim Barcelona. Passeig de Garcia Fària, 69, Sant Martí, 08019 Barcelona ([mapa](#))
- **Language:** English with consecutive translation into Spanish.



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FEBRUARY 2025

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

● CLASSROOM COURSE. **Will NOT be recorded.**

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