

Healthy Motion, *In Greece!*

A Kentro Body Balance Retreat in Hydra, 2019



I invite you to join me for a unique Kentro workshop in Hydra, a fabulous jewel of the Aegean sea, the only Greek island without cars, motorbikes or bicycles. In this pedestrian environment we can imbibe the smooth motion of many locals. Beloved by artists, poets and singers, it was home to Leonard Cohen for many years. It is a haven for nature lovers, offering a variety of hikes, including Mt. Eros. You can walk or boat to small beaches and meander to monasteries, one of which is the Assumption of Virgin Mary - right on the port. High quality standards are coupled with a dignified historical background. Athenians have come to Hydra for a long time, so tourism has evolved softly, slowly. The worn cobblestones and white houses emanate a beautiful simplicity. Savor the traditional island atmosphere!

Hydra is my very favorite place in the world for solo retreats of delicious dining, meditating, walking, shopping and chatting with Hydriots. I cherish the radiant light in Hydra - the setting for dozens of my water-colors. I also wrote part of the Kentro book here. On my first visit to this island, after a Greek dance workshop, I had lunch with an English couple who lived in a mansion built atop a small Dionysian temple. Back in my room, I promptly fell asleep and had a most riveting dream: The human body, and, super-imposed on it were the four elements; *Earth* on the legs, *water* on the pelvis, *fire* on the torso, and *air* on the head. This dream inspired me to create Elemental Placement: The first 4 **foundational** Kentro movements for the 4 main areas of the body, which center our entire body *during* all activities.

My 27 visits to Greece vastly enriched my understanding of healthy motion. **How** we move makes all the difference. Kentro is the Greek word for ‘center’, taking us beyond measurable balance, and into the dynamics of splendid function of our tissues - in harmonious connection with our activities and environment. Combining an affectionate, relaxed attitude to your body with the centering movements generates resilient motion and feeling more sure-footed, confident and content. Over time, centered motion will happen *spontaneously*.

In this workshop you will:

***Sense** and become familiar with practical, pleasurable Kentro movements, enabling you to feel the difference between strain and ease in your ordinary activities. No need to imitate others who “look good”.*

***Experience** simple movements that release pain and stiffness in your back, hips, knees, shoulders and neck. No need to “correct your posture”.*

***Enjoy** letting your everyday actions relax, limber and strengthen you into effortless fitness and endless ease. No need to push your body into shape!*

As you grow older, what better place than Hydra
for your body to flourish with vitalizing motion?



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Some Abbreviated Kentro® Testimonials

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I am very excited and privileged to have experienced the KENTRO Body Balance method. Angie's techniques demonstrate a real insight into human biokinetics. Her exercise and stretch program is easy to incorporate into one's daily life without the use of expensive equipment or hours of practice. I have used her techniques on many of my patients, even in acute stages, with incredible success.

-Helene Lubben,
Physical Therapist (California)



Testimonials, con't.

I stopped re-injuring my shoulders by incorporating very easy and relaxing KENTRO movements... and they have been fine ever since! Also, my upper back, that I figured was hereditarily "hunched" my whole adult life, straightened out after only 3 weeks of KENTRO practice. What a surprise benefit, and all within the parameters of our everyday activities. KENTRO for me, is actually re-learning how to move with ease, relaxation and not trying to push the body. KENTRO has been a life changer for me. I refer my patients to Angie for her expert help, and share some of the basic KENTRO principles with them in my healing practice as well.

-Geri L. Quintero,
Acupuncturist, Qigong instructor (California)

Angie's method illustrates a radical approach. After a few days of the program I felt new ease, toning and limberness. I felt deep support for my physical self as well as my spiritual development; KENTRO literally allows my soul to stretch. We don't have to imitate anyone, or correct our posture. As our activities stretch and strengthen us, our resilient motion becomes sustainable and enjoyable.

-Kathryn Suslov MD,
Preventive Medicine Specialist, Acupuncturist (California)