

BRAINSPOTTING APPLIED TO SPORTS AND PERFORMING ARTS

9 & 10 November 2019 in BARCELONA

Also available on line through video conference



This two day course is aimed for Brainspotting therapists who work with or who would like to work with athletes and performing artists (musicians, dancers, actors, acrobats...)

Course Contents:

- Understand the base of the Peak Performance Flow state and how to use Brainspotting to enable your clients to develop it.
- Learn what causes interference to this state, it's effect on fine and gross motor control, how it creates a propensity to injury and how to use Brainspotting to release these causes.
- Acquire the process for developing in your clients the 4 most key Peak Performance states.

Complete program: <http://ruthchilecoach.com/training-brainspotting-sports-performing-arts>



Training given by Ruth Chiles expert in Peak Performance

With nearly 30 years of experienceshe has worked with professional musicians, premier league and international sports clubs, professional dancers, gymnasts, basketball players, skiers and athletes.As well as expanding their Performance she has enabled them to resolve their highly varied range of performance blocks.They have reached new levels in their profession and/or have recovered their profession.

Price

295€

Course Times

10 am – 2 pm & 3:30 pm a 7:30 pm

Location

C/ Bruc, 99, 1º 1ª 08009 – Barcelona



Information & Registration

Pilar Ramil, secretary **Brainspotting España** and Aleces 674 196 912 or info@aleces.com

www.aleces.com