



## ACTUAL PUBLIC WORKSHOP You can book us through:

### Contact and Information

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Geysir Project

## TOUCHING YOUR CREATIVE PROCESS - A JOURNEY

- . Ernessa Bergman // Yoga, Biosynthesis Therapist
- . Anna Röthlisberger // Choreographer, Feldenkrais Practitioner
- . Marc Rossier // Musician, Sound scapes

Through utilizing their profound training and wide experience Ernessa Bergman and Anna Röthlisberger invite you to slow down, focus in and extrapolate out. Marc Rossier supports this development through his live played sound installations. In short our dedication lies in provoking, enhancing and nurturing creative motion.

This process builds bridges through the whole organic system. Whether you are a poet, an academician, a dancer or business person stumbling blocks can arise that pose difficulties in sensing yourself and seeing your alternatives. Our skills are to improve your self-awareness and stimulate flexibility in moving as well as in thinking.





**Ernessa Bergman //**

graduated with a BA Degree in Theater and Theater Anthropology and is a certified Biosynthesis Therapist from International Institute in Switzerland and Biosynthesis Institute in Israel at the Broshin Campus in Tel Aviv University. Ernessa is an experienced teacher and practitioner of Yoga for the past 20 years. She has explored the connection between Psyche and Movement for most of her adult life and is presently treating clients at her clinic in Tel Aviv as well as Assisting in Somatic Trauma Therapy Seminar in the Institute of Biosynthesis in Switzerland. Her focus on movement is emotional, physical, spiritual and mental – as specifically relevant to each situation.

She has worked with musicians and Theater groups in Germany and Holland and on an individual basis with writers, graphic designers dancers, yoga students and teachers in Israel. The forms of Creative Expression differed but within each individual world there was the desire to tap into the innate ability to express one's dreams, to flow and to produce.

Her work with people enables them to tap into their strengths

and resources, and, to reach those areas which are blocked and stagnant in order to help integrate and sway their life energies. While we cannot deny parts of our being we can choose how to shape our daily lives and consciousness.

[www.biosynthesis.org](http://www.biosynthesis.org)

[www.biosynthesis.co.il](http://www.biosynthesis.co.il)

[www.heartofyoga.com](http://www.heartofyoga.com)



**Marc Rossier //**

tours through Europe, Israel and India enhancing contemporary dance productions with his sound scapes. Many movement workshops, various theatre plays, films, stage performances and contact improvisation festivals benefit from his musical contribution. **The guitarist** is recording, producing and touring with renowned Swiss bands such as Little Venus, Lunik, Yvonne Moore and Mongk. His most recent release is an acoustic album with Swedish singer LOVA. Further Marc Rossier teaches with the Feldenkrais method.

**Drops Of Inspiration //** Music is yet another way to approach a human being and reaches areas that are difficult to address through other paths. By ensuring that the participants are accosted on various levels and from different sources, an environment is

created where learning can happen. Marc Rossier is experienced in observing the effect, sound has on an individual. His music can trigger moving options that feel like they reach deep into the cellular concept of a body. The always-existing motions within an organism are enhanced through light rhythmic elements. At the same time, the vastness of his sound scapes creates a sense of freedom as an emotional background for growth.

[www.marcrossier.com](http://www.marcrossier.com)



**Anna Röthlisberger** // She is an internationally established choreographer and is leading her own Dance Company and Productions. Her latest project is a Trilogie (2012 – 2015) in cooperation with dancers and artists from Switzerland and Israel. Next to her artistic work she is a teacher of contemporary dance utilizing varied techniques and her own approach in authentic movement skills. She is a fully qualified Feldenkrais practitioner for the last several years with advanced studies with Ilan Lev (Ilan Lev Methode) in Tel Aviv, and Russel Delman (USA), Julie Casson (USA) and Alain Questel in the Feldenkrais Method for advanced trainers. Today she is teaching her own style of dance methodology

at various training centres in Switzerland and abroad.

Working from an authentic point of movement, utilizing intuition and dialogue with each person Anna invites to connect to their full Potential. She relies on somatic dance exploration and presence.

**Awareness Through Movement is** based on the evolutionary development of the human nervous system. The work provides better learning and specific connection to your personal Well State in your body. This is an enjoyable sensory approach to learning both new ways of moving, eliminating pain and increasing self-awareness. The intention is to learn to move with less effort, in a more organic way through diverse slow motion (mostly on the floor) ingenious movement experiments. The work is also helpful for emotional, mental and relationship challenges.

[www.roethlisbergercompany.com](http://www.roethlisbergercompany.com)