



She studied CI with Didier Silhol, Suzanne Cotto, Mark Thompkins, Steve Paxton, Lisa Nelson, Nancy Stark Smith, Nita Little, Adrian Russi, Joerg Hassmann She has graduated in Post modern Danse and Teaching (including CI teaching) She is a Senior lecturer of Histology, Biology and Embryology. Osteopath, Medical Doctor, Voice therapist. Bioenergy practitioner. Posture in bioenergy is one aspect of our character.

Ostéo éveil® (osteo awareness) conceptor «Osteo awareness» is a physical approach to optimize body consciousness, posture and movement adaptability. She is a Biotensegrity Interest Group (BIG) researcher - Biotensegrity is a new representation the body's architecture conceived by Steve Levin.

Tensegrity perception

[Somatics into CI](#)

During this class, I will propose tools to reach physically our tensegrity. We'll perceive the biotensegrity synergic forces, their specific distribution inside the bone-myo-fascial system and progressively our touch becomes more aware. To improve our tensegrity (and consequently our posture and movement) Tension and compression are respectively accumulated inside soft tissues and bones. Bones and soft tissues within the bodies tensegral architecture have a « high level of internal dynamism”, particularly the bones ; their potential energy participates to our movement. To improve our tensegrity (in order to improve our comfort) and we will discover the physical tensegral parameters of our comfort dynamism.

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