

# PLAYCHI: KNOW, DO.



**PlayChi workshops are natural flow movement and body awareness sessions.**

There is an effortless exchange between body and surroundings when they align. PlayChi is a chance to embody the yogi, the martial artist, the animal, the dancer, all without any set forms to remember. PlayChi champions self-learning and tuning in to the moment, rather than adhering to strict patterns or rules.

bravochild is a poetic philosopher, master improviser, performance artist and game designer who has travelled Australia and the world bringing change through play and social experiments.

You will be encouraged to free yourself from social expectation and ego. To allow yourself to explore organic movement. This is a liberating workshop which will assist in your next steps towards reclaiming your innate intuition and instinct.

The workshops cover the following areas:

- Being present.
- Connecting with 'The Flow'.
- Body awareness.
- Observing your environment.
- Improvised dance.
- Moving with a partner.

