

# *A Conversation*

*with*

*Karen Roeper*



A documentary Produced by  
Elämäntaidefoorumi®, Finland

## **A NEW DVD AVAILABLE SOON**

**Karen Roeper's original and inspiring work, Essential Motion®**, reconnects us with the body as our source of aliveness, creativity and wisdom. Through gentle probing, suggestions, directions and coaching Karen allows us to explore our psychological resistance and emotional limitations. By guiding our bodies to a place of internal listening, she helps us to discover and remember how we long to move. We find the courage to express who we truly are.

**On this DVD Karen Roeper describes the basic concepts of Essential Motion.** The documentation was recorded under a further training workshop for the Finnish Essential Motion leaders in September 2012.

**Price 20 € + shipping**

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