

Friday, March 22, 2019

Workshop with Ferus Animi//Tera Nova - Tomislav English and Tina Afiyan Breiova

Company: Peridance Capezio Center
Location: NY, NY

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Workshop Opportunity with Tomislav English and Tina Afiyan Breiova

April 8, 10, 12- 11:30-4pm at Peridance Capezio Center

April 9, 11- Outdoor Training

Pre-registration required. Early Bird Discount \$175 until March 25th, \$200 regular rate for the Full Week.

The workshop will be an intensive introduction to Ferus Animi // Terra Nova, our movement research practice, built around the application of modern physiological, cognitive and neuroscientific understanding into a supplementary, cross disciplinary training methodology for craftspersons from any background. In the workshop we will explore many aspects of human evolutionary physiology, including the Roles of the Sympathetic and Parasympathetic Nervous System, Environmental Adaptation in Action, the Circadian Rhythm and Chronotypes, the role of Failure in Cognitive and Motor Learning, the Sensory and Motor Homunculi, and the concepts of Neuroplasticity and Tensegrity, as well as taking philosophical examinations of our modern training habits and lifestyles.

This workshop will be lead by Tina Afiyan Breiova and Tomislav English. Tomislav's personal practice is informed by ongoing research in and under the research and teachings of Fighting Monkey Practice (Linda Kapetanea/Jozef Fucek), GrandMaster Tae Yong Lee, Wim Hof, Cameron Shayne, David Zambrano, Moshé Feldenkrais, Jon Kabat-Zinn, Kristin Linklater, Bruno Caverna, Ido Portal, and the writings of 'Neuroplastician' Norman Doidge, in addition to academic research through The University of Oxford (Department of Psychiatry, Department for Continuing Education), Royal Holloway University of London (Department of Drama and Theatre), England Rugby (RFU) and Barça Universitat (FC Barcelona). Tina's personal practice is informed by research under the teachings of David Zambrano, Chrysa Parkinson, Linda Kapetanea & Jozef Fucek, Salva Sanchis, Hannes Langolf, Julyen Hamilton, Yoko Ando, Coral Ortega, and her time as a student at P.A.R.T.S. University in Brussels.

This workshop is open to vocational movers from all ages and backgrounds. In the past we have welcomed participants from vocations including dance, martial arts, yoga, athletics, theatre, somatic therapy, manual therapy, running, physiotherapy, craftwork, and professional sports. If you are not sure if your experience is relevant please feel free to email ferus.animi.terra.nova@outlook.com to talk to one of our team.

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[http://www.peridance.com/wsdetail.cfm?summersessions=0&wsid=662&workshop=Ferus Animi // Terra Nova with Tomislav E](http://www.peridance.com/wsdetail.cfm?summersessions=0&wsid=662&workshop=Ferus+Animi+//+Terra+Nova+with+Tomislav+E)

For more information:
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