

# movement therapy

with corinne blum



We store all of our memory and experience in our bodies and often when words and processing cannot fully unlock an issue, moving through the body has a tremendous effect.

Movement Therapy focuses on getting out of the mind and dropping into the body where we can form a relationship to the part that knows how we feel and what we want,

rather than the mind's limited capacity of "thinking" about what we feel. Giving a voice to a feeling, memory or trauma through movement releases it from the body, allowing us to reclaim our natural state and bring in new energy that is in alignment with who we are.

## Benefits:

- Releases stress, anxiety, trauma and any emotional blockages
- Supports the healing of injuries and health issues
- Provides grounding, stability and confidence

*"I first met Corinne when I attended one of her workshops, which she was running in a group setting. At the time I was suffering from severe, almost debilitating, back pain. During the course of the workshop I realised that the pain released. I decided to take movement therapy sessions with Corinne, one on one. The experience and transformation that occurred during the next 4 sessions with Corinne was unprecedented. She was able to unlock deep seated emotional issues and obtain closure after each session. I felt that I was making progress, of a kind I had never experienced before. In reality she introduced me to my body for the first time and explained what it meant to feel. It was as though my body now had a voice which I could understand through Corinne's translation. Corinne is extremely professional, and has a whole bag of life experience to relate from. Not to mention skilled and intuitive. Obviously, I cannot recommend her highly enough."*

**Corinne Blum** is a certified coach, mentor and movement therapist. Her experience as a former professional ballet dancer, married with her coaching expertise, gave her great insight into how the body and mind are directly related. She has worked with clients, actors and dancers in San Francisco, New York and now London. For more information please visit: [www.corinneblum.com](http://www.corinneblum.com)

**price:** Movement Therapy 60 min | £75

Coaching and Movement Therapy 90 min | £110

**availability:** please enquire

**to make an appointment:** Please call 020 3174 0720



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