The Inner Move Training

A journey into movement, awareness, creativity and human connection

Facilited by Eveline Noth and Michel Casanovas

January 4th – 9th 2027
Bangalore, India

There are moments in life when learning is more than acquiring knowledge. It becomes an experience that touches the way we move, perceive, create, relate, and live.

The **Inner Move Training** is one of these experiences.

Over six immersive days, participants are invited into a space where movement becomes inquiry, awareness becomes transformation, and creativity becomes a natural expression of being alive.

Rooted in the **Feldenkrais Method®**, enriched by contemporary dance, music, improvisation, somatic practice, and collective exploration, this residency offers an environment where body, imagination, and human connection unfold together.

Rather than teaching a fixed technique, The Inner Move cultivates the capacity to listen—to oneself, to others, and to the intelligence of movement itself; and then integrate this creative awakening in one's own personal practice, whether in art, therapy, education, or other fields.

A Residency — and the Beginning of a Journey

This six-day residency is a complete learning experience open to everyone interested in *movement, awareness, creativity, and human connection.*

At the same time, it forms **Module One of The Inner Move Three-Year Certified Training**. Participants who later choose to continue their journey will receive full credit for this first module.

You can join us for these six days as a standalone experience, or choose to continue with the three-year training at a later stage. The invitation is to discover movement as a source of learning, wellbeing, creativity, and meaningful human relationship.





The Vision Behind The Inner Move

We believe that movement is far more than physical action.

Movement is how we learn.
Movement is how we adapt.
Movement is how we create.
Movement is how we relate.

When awareness enters movement, movement becomes a path toward greater freedom, resilience, creativity, and compassion.

The Inner Move brings together decades of experience in somatic education, artistic practice, intercultural collaboration, and therapeutic work to create learning environments where people can reconnect with their own embodied intelligence and discover new possibilities for themselves and for the communities they serve.

What You Will Experience

Each day we weave together different dimensions of embodied learning:

- Feldenkrais Awareness Through Movement®
- Functional movement and somatic awareness
- Dance and embodied creativity
- Music, rhythm, voice, and deep listening
- Improvisation and relational practice
- Individual reflection and collective exploration
- Rest, integration, and time in nature

The emphasis is not on performance, but on presence.
Not on achievement, but on discovery.
Not on becoming someone else, but on uncovering greater freedom within yourself.

Who Is It For?

This residency welcomes anyone with a sincere interest in embodied learning and human development, including:

- artists and performers
- educators and facilitators
- therapists and health professionals
- coaches and community leaders
- anyone seeking a deeper relationship with movement, creativity, and wellbeing.

No previous experience with the Feldenkrais Method® is required.

The Three-Year Certified Training

The residency opens the door to a three-year professional pathway for those wishing to integrate The Inner Move approach into their personal life or professional practice.

The training gradually develops:

- embodied presence and perception
- advanced somatic practice inspired by the Feldenkrais Method®
- creative movement and improvisation
- facilitation and group leadership
- music and movement as relational practices
- wellbeing, education, therapeutic applications, and community engagement

More than just a professional qualification, it is mainly a process of personal transformation that supports participants in developing their own authentic way of accompanying others.

More information about the tree-year training you find on our website: www.theinnermove.net

An Invitation

In a world that often asks us to move faster, produce more, and disconnect from ourselves, The Inner Move offers something different.

A place to slow down.

To listen.

To move with awareness.

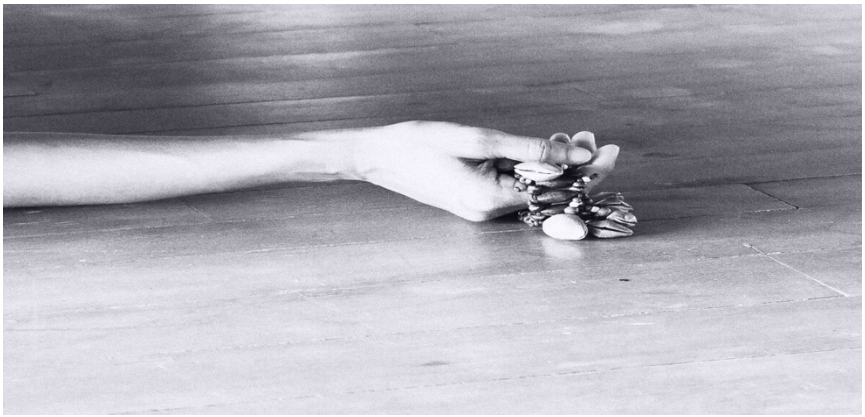
To rediscover the intelligence of the body.

To learn through experience.

To create in relationship.

And perhaps, through this journey, to discover that the deepest movement begins from within.

"The Inner Move is not a method to follow, but a way of cultivating the intelligence already present within movement, relationship, and life."



Practical Information

Training Residency · Module One
Facilitated by Eveline Noth & Michel Casanovas

January 4–9, 2027
Fireflies Intercultural Centre · Bangalore, India

Arrival: January 3, from late afternoon onwards. Dinner is included on arrival day.

Teaching
Six days, seven hours per day.

Tuition fee
INR 35,000 for the six-day training.

Accommodation & Meals
Shared twin room: INR 15,000 for six nights
Shared triple room: INR 13,200 for six nights

Accommodation rates are per person and include six nights, three vegetarian meals daily, and morning and evening tea with snacks.

Registration deadline: December 15, 2026
A minimum of eight participants is required. We will confirm by December 23, 2026, whether the residency will take place.

Registration

Register here:

https://forms.gle/JZkQvUriF4SaRV6j7

For organisational questions regarding registration, payment, travel or accommodation, please contact **Maitreyi**.

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Explore the Three-Year Training
Find out more about The Inner Move Three-Year Certified Training on our website: www.theinnermove.net

An Invitation to Move, Listen and Discover
Take time to slow down, listen and explore.
Discover how movement can become a source of learning,
creativity and connection.
Come as you are. Bring your curiosity.
The deepest movement begins from within.

