“Finding Your Rhythm”

9.11, 16.11, 23.11, 19.00-21.00, Zoom

A 3-class series with Karen Studd

(Continuous Professional Development module)

What if your body had a rhythm that could restore your balance, clarity and ease and it was already inside you?

You can meet with Karen Stuud for three-part embodied exploration into the deep rhythms that shape how we move through the world. This course introduces the 3 BF Rhythms — foundational patterns that are quietly woven into everyday actions like walking, sitting, reaching or standing.

Why rhythm?

We all have an intuitive awareness that life moves in rhythms:
Sunrise and sunset
Waking and sleeping
Eating and digesting
Walking, breathing, resting

When these rhythms are in sync, we feel grounded, efficient, and connected. But when they fall out of harmony — we often experience discomfort, fatigue or tension without understanding why.

What’s less commonly known is that our bodies have internal anatomical rhythms that are just as essential. The 3 BF Rhythms we will identify in this series are embedded in our Basic Body Actions, yet many of us are not aware of them. These rhythms support how we connect and interact with the world.

When they’re out of sync, we may feel like we’re pushing too hard, moving awkwardly, or exhausting ourselves through inefficient patterns.

What you’ll explore?

This 3-class series is designed as a progressive journey —

Class 2 builds on what has happened in Class 1,
and Class 3 builds on what was experienced in Classes 1 and 2.

Class 1: The Foundation Rhythms
We begin by tuning into the rhythms already present in our bodies. These foundational rhythms connect us to ourselves and help restore inner harmony.

Class 2: Basic Body Actions
From that internal awareness, we expand into motion — exploring how these rhythms underlie basic body actions like walking, reaching, sitting and standing. These are the ways we connect ourselves to the world.

Class 3: Interaction and Adaptation
Finally, we explore how we shape and adapt ourselves in relation to others and the context of our environment. This class highlights rhythm as a tool for relational presence, agility and expression.

Why join this cycle?

Because when you begin to notice and embody your inner rhythms:

- You move with less effort and more ease
- You build awareness of when tension creeps in — and how to reset
- You teach, support or accompany others more effectively
- You re-pattern habits that lead to burnout or overexertion

This cycle is for:

movement professionals, somatic practitioners, dancers, therapists, teachers and anyone seeking to deepen their relationship with their own moving body.

Join us and rediscover the rhythmic intelligence already inside you.
Learn to move with your own body — not against it.

Classes will be recorded and shared with you.

Payment via Revolut directly to Karen
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Hopefully — see you!