

Our Tender Shoulder Girdle – Body Stories

Embodyed Anatomy, Creative Investigation, and Personal Experience

Katharina Conradi | Zoom | 12.04.2026 | 19.00–21.00

In this online class, we turn our attention to the **tender landscape of the shoulder girdle** – a place of **delicacy, mobility, and quiet strength**. Loosely held to the spine, this fragile structure allows our arms to **reach, embrace, and express**, while also promoting **strength, protection, and holding**.

Through **embodied anatomy, subtle movement, and creative exploration**, we will listen to the sensations and emotions that live in this area. Rather than learning anatomy from the outside in, we approach it from within–through **feeling, curiosity, and imagination**. A few **guiding anatomical insights** will support a process of personal discovery. The practice invites awareness, softness, and curiosity, opening space for **authentic experience and new body stories to emerge**.

This workshop is for people who:

- ◆ wish to **deepen their connection with the body** through attentive, subtle movement and sensing,
- ◆ are interested in **embodied anatomy, somatic approaches to the body, and creative exploration**,
- ◆ work with the whole person, not only through words but also with awareness of the body and movement (**therapists, dance/movement therapists, dancers, movement teachers, art therapists, coaches, trainers**), or for those who seek **a personal experience without the need for specialist knowledge**.



Organisational information

Time & place

Zoom, 12.04.2025, 7:00–9:00 PM

Payment

Payment – equivalent of **140 PLN / 33 EUR**

Katharina Conradi

Account number NL72 TRIO 0338 5615 28

Triodos Bank

Swift code: TRIONL2U

There is a possibility to pay in Polish zloty (140 PLN) to Aga's Polish account, and **receive an invoice** (Katharina does not issue invoices). If you would like this option, please contact Aga: **kontakt@agasokolowska.com**. The class fee in zloty is organised through Aga — please get in touch if you would like to choose this option.

Registration

Registrations are handled by Natalia:

team@agasokolowska.com

People who haven't worked with Aga before are kindly asked to include, in their registration email, **3–5 sentences about their previous experiences of working through the body**.

Recording will be available after the class.
The class will be translated into Polish.

Katharina Conradi

Katharina Conradi is a dance artist and tutor, Certified Movement Analyst (CMA/LIMS), and Registered Somatic Movement Educator and Therapist (ISMETA). She holds a Master's degree in Dance Movement Therapy from CODARTS, Rotterdam. She has worked for many years as a choreographer and dancer in the Netherlands and internationally. Her creative work includes dance films, intercultural projects, and site-specific performances.

Katharina teaches at the University of the Arts CODARTS in Rotterdam and at the Academy for Dance and Theatre in Amsterdam. She also works internationally as a teacher of somatic and creative practices in a wide range of settings, with teaching experience in Switzerland, Poland, Estonia, Israel, Germany, Spain, and Italy. Her work integrates the Laban/Bartenieff Movement System (LBMS) with creative processes, somatic movement, and contact improvisation.

In addition, she runs a private practice offering dance therapy, supervision, and somatic coaching for clients and artists. Katharina is co-founder and core teacher of EMOVE Institute (The Embodied MOVEment Institute) for the Laban Bartenieff Movement System and its applications.

