



Paula Lavareda

About Paula

- Paula has dedicated her life to study performing arts and contemporary dance. She traveled to study and work in various countries, such as the United States, Chile, Italy, Spain and Portugal.
- In contemporary dance, she was a student of Angel Vianna, who introduced her to techniques such as Eutonia, Feldenkrais, Authentic Movement and the Angel Vianna Method. In theater she deepened her path with theatrologists like Jerzy Grotowski, Jacques Lecoq and Etienne Decroux and Eugenio Barba, who opened for her also the treasures of the Eastern world. She studied body languages like Kathakali, Mohiniyattam, Kabuki and other techniques.
- Today Paula travels the world sharing her expertise in body awareness and trauma work integrated in systemic constellation work.

Philosophy

- Paula's philosophy is based on the importance of the body as a source of expression, perception and transformation. She celebrates the body as a vehicle for self-awareness and healing, emphasizing the importance of inner perception and the connection between movement and emotion. The body is seen as a vessel for emotions and experiences. From the artistic to the therapeutic the guiding principles of her work are listening to the body and being guided by the authentic expression of the individual. For Paula dance is a celebration of life, where the freedom of movement and authentic physical expression can help us break free from patterns conditioned by our family and society. Paula's approach is inclusive. She respects the individuality of the body, valuing the uniqueness of each person.

Work

- Under Paula's guidance, individuals embark on an exploration of their body's inherent healing capabilities through movement and mindfulness. Dance and theater techniques help us focus on the present moment, time, and space. Through deliberate, gentle movement and mindful introspection, facilitators and clients unlock their potential for healing and personal evolution of self and others.
- In combination with systemic constellation work, Paula offers a unique perspective. She deepens your connection to nature's profound impact in our interconnected world. Engaging with performing arts and dance, she facilitates a sensitive dialogue. This dialogue leads to self-restoration and a conscious building of healing systems in and around us.