

Lightfulness

LISBON
18th-19th
NOVEMBER 2017

Saturday: 09:30 – 19:00
Sunday: 09:30 – 17:00

Training
With MOSHE COHEN

Where humor and mindfulness connect

Highlights



- Training to **engage the lighter side of Being** as a skillful tool for resiliency, spontaneous expression and connection.
 - **Light** as in lightness, lightheartedness, humorous; the opposite of heavy, serious.
 - **fullness** as in Awareness, especially outwards (allo-centric mindfulness, menmitsu).
- **Lightfulness** offers **benefits** at many levels simultaneously: individual well being, stress release, improved interpersonal communication skills, and more effective collaboration in working environments.
- **Shared humor** is a great way to open, and **deepen connection with others**. Lightness is on the quieter side of the humor spectrum, focusing more on sharing the inner smile than the loud laugh. A sideways glance, a shrug, a humorous inflection in one's voice often says more than any witty statement. While wit and jokes demand jovial engagement, lightness invites more subtle interaction.
- **Lightfulness trainings** are the evolution of workshops that Moshe Cohen has been offering for the past 20 years. They reflect his more recent work training health care professionals and business teams. Focusing on non-verbal expression, constructive humor and outwards awareness, the trainings develop practices, capacities and skillful tools for embodying lightness.
- **Methods:** clownzen | qi gong | vocal work | movement & physical theater | theatrical clown | butoh | theater games & improvisations | humor flow

Moshe
Cohen

With Portuguese translation

About Moshe Cohen: <http://moshecohen.net/about/>

Location: WAKESEED-Junta de Freguesia de Carnide – Largo das Pimenteiras 6 - LISBON

Price until 3rd November: €100 (2 or more people together: €80 each). After 3rd Nov: €120/€100

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