

# **BASIC BODY AWARENESS THERAPY I /BBAT I COURSE**

**Place** Riga

**Teacher** Kirsti Niskala BBAT physiotherapist, BBAT Teacher, NLP Trainer and occupational PT

## **Friday 24.01.25**

16:00- 18:00 Coming together, information, program.

## **Saturday 25.01.25**

08:30 - 09:30 Sitting and tai chi  
09:30 – 09:45 Break  
09:45 – 10:30 Theory "From doing to being."  
10:30 – 10:45 Break  
10:45 – 12.45 Movement practice "How to explore."  
12:45 – 14:15 Lunch  
14:15 – 15:00 Theory "Deepening from doing to being."  
15:00 – 15:15 Break  
15:15 – 17:15 Movement practice "Path and form of movement"  
17:15 – 17:30 Break  
17:30 – 18:00 Sitting

## **Sunday 26.01.25**

08:30 - 09:30 Sitting and tai chi 1h  
09:30 – 09:45 Break  
09:45 – 11:00 Theory "The History of BBAT"  
11:00 – 11:15 Break  
11:15 – 12:45 Movement practice "The origin of movement"  
12:45 – 14:15 Lunch  
14:15 – 15:00 Theory "Listening to silence"  
15:00 – 15:15 Break  
15:15 – 17:15 Movement practice "The growth of movement"  
17:15 – 17:30 Break  
17:30 – 18:00 Sitting

## **Monday 27.01.25**

08:30 - 09:30 Sitting and tai chi  
09:30 – 09:45 Break  
09:45 – 10:30 Theory "BBAT and MQ"  
10:30 – 10:45 Break  
10:45 – 12:45 Movement practice

12:45 – 14:15	Lunch
14:15 – 15:45	Theory "Group work"
15:45 – 16:00	Break
16:00 – 17:15	Movement practice "Energy – freedom"
17:15 – 17:30	Break
17:30 – 18:00	Sitting

## **Tuesday 28.01.25**

08:30 - 09:30	Sitting and tai chi
09:30 – 09:45	Break
09:45 – 10:30	Theory "Psychosynthesis and Equipage"
10:30 – 10:45	Break
10:45 – 12:45	Movement practice "Wholeness"
12:45 – 14:14	Lunch
14:45 – 15:45	Theory "How to guide?"
15:45 – 16:00	Break
16:00 – 17:15	Movement practice "Existential perspective"
17:15 – 17:30	Break
17:30 – 18:30	What after the course? Sitting

## **Wednesday 29.01.25**

08:30 - 09:30	Sitting and tai chi
09:30 – 09:45	Break
09:45 – 11:00	Movement practice
11:00 – 11:15	Break
11:15 – 12:45	Ending the course.
12:45 – 13:45	Lunch
13:45	Farewell - Have a nice way home!

Purpose of the course is to introduce principles and application options of BBAT. Participants will reflect upon their learning experience in verbal discussions and written report. Self-practice with BBAT movements and individual work with literature is required.

Bring warm, long-sleeved, and stretchy clothing and warm socks. Paper for notes.

After the BBAT I course participant:

- Knows BBAT principles and can use them for self-practice to improve one's own movement quality and movement awareness.
- Can see how physiotherapist movement awareness and movement quality is affecting their clinical practice.

Take with you also your open and wondering mind!

You are very welcome to the course. See you soon 😊