

# WISEMOTION

*with* DR. HANNA POIKONEN

20th March to 7th April 2024



*“When neuroscience meets creative movement, the potential is unlimited.”*

Boost vitality, expand awareness and support the Mind Pillar with WiseMotion, a remarkable blend of movement and neuroscience.

Designed for curious movers, WiseMotion has been created by Dr. Hanna Poikonen, a neuroscientist by education and a dancer at heart. The method combines guided movement improvisation, scientific knowledge and interactive discussions.

Dr. Hanna holds a doctoral degree in the neuroscience of movement, dance and music from the University of Helsinki. She has also studied contemporary dance, martial arts and meditation across creative capitals like New York, Tokyo, Barcelona and Helsinki.

Along with her continuing brain research at the Swiss Federal Institute of Technology, Dr. Hanna is also a researcher at the Örebro University Hospital in Sweden, focusing on creative movement, neuroscience and mental health.

Join Dr. Hanna for an unforgettable embodied experience.

## JOALI BEING

*To book a session with Dr. Hanna, please contact your Jadugar.*

## FOR ADULTS

### INTRODUCTION TO WISEMOTION

Explore the essentials of WiseMotion with its creator, Dr. Hanna. Learn how this method can help you address challenges like stress, poor sleep, lack of concentration, prolonged pain and weak memory.

No prior knowledge of movement and neuroscience is required.

*45 mins / USD 450 for one guest,  
USD 180 for additional guest*

### WISEMOTION MASTERCLASS

Immerse more deeply in the WiseMotion method as you explore the latest neuroscience behind the movement exercises. Guided by Dr. Hanna, you will understand the complementary dimensions of wellbeing: the hormonal, neuronal and biological processes within us, and our subjective experience of feeling and sensing.

Reflect on your personal experiences as you expand your knowledge of creative movement and brain science.

*90 mins / USD 700 for one guest  
USD 300 for additional guest*

## FOR KIDS & FAMILIES

### KIDS MOVEMENT WORKSHOP

Dr. Hanna creates a safe space for young guests to revel in creative movement. As kids let go of self-consciousness and strengthen the link between body and brain, they enjoy an array of wellbeing benefits — more self-confidence, awareness and joy, to name just a few!

*45 mins / USD 450 for one guest,  
USD 180 for additional guest*

### FAMILY MOVEMENT WORKSHOP

Explore the wonders of WiseMotion as a family. Choose your preferred theme for a tailored wellbeing experience — Calm & Aware or Move & Play.

*60 mins / USD 160 per guest (minimum 3 guests)*

## JOALI BEING

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All prices subject to 10 percent Service Charge and 16 percent Government Tax*