

# VITALITY THROUGH MOTION

*with* DR. HANNA POIKONEN

April 20 , 2023 to May 31, 2023



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

Renew vitality, enhance self-awareness, and elevate cognitive and emotional health with WiseMotion, a remarkable blend of movement, meditation and neuroscience.

A dancer at heart and a neuroscientist by education, Dr. Hanna Poikonen is the architect of WiseMotion. Designed for curious movers, this practice brings together embodied experience with neuroscientific knowledge.

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 in New York, Montreal, Tokyo, Barcelona, Berlin and Helsinki.

Dr. Hanna continues her research in intelligence, creativity and higher education at the Swiss Federal Institute of Technology. She is also a researcher at the Örebro University Hospital in Sweden, focusing on creative movement, neuroscience and mental health.

## JOALI BEING

*Please contact your Jadugar to book a session with Dr. Hanna.*

## RETREATS & MOVEMENT SESSIONS

Explore a series of private and group sessions, guided by Dr. Hanna.

### INDIVIDUAL RETREAT

5 DAYS | USD 3600  
(USD 1200 for an additional person)

#### Day 1:

**Morning: Opening of the Retreat:**

Conversation and short movement meditation  
30 mins (Lotus)

**Afternoon: Sunset Session:**

Aware Perception | 60 mins (Ocean Sala)

#### Day 2:

**Morning: WiseMotion Masterclass:**

Clear Mind | 90 mins (Lotus)

**Afternoon: Sunset Session:**

Meditation in Movement | 60 mins (Ocean Sala)

#### Day 3:

**Morning: WiseMotion Masterclass:**

Bright Emotions | 90 mins (Lotus)

**Afternoon: Conversation Workshop:**

Optimize Your Calendar for Brain Health | 90 mins

#### Day 4:

**Morning: Morning Meditation in Movement,**

60 mins (Ocean Sala)

**Afternoon: WiseMotion Masterclass:**

Blooming Creativity | 90 mins (Lotus)

#### Day 5:

**Morning: Morning Meditation in Movement,**

60 mins (Ocean Sala)

**Afternoon: WiseMotion Masterclass:**

Effortless Collaboration | 90 mins (Lotus)

#### Outdoors: Calm & Aware Movement Meditation

Morning or sunset session | 60 mins

USD 100 per person (minimum 4 people)

#### Lotus: Weightlessness Through Dance

No previous dance background needed

60 mins | USD 100 per person  
(minimum 4 people)

#### Lotus: Playful Body Strength

No previous dance background needed

60 mins | USD 100 per person  
(minimum 4 people)

### MASTERCLASSES

Wise Motion Masterclasses consist of movement exercises with music, neuroscientific presentations, and guided conversations. The movement exercises are designed to promote processes in creativity, concentration and self-awareness, while the neuroscientific presentations clarify the science behind the exercises and connect the latest scientific discoveries to everyday life. Through conversations guided by Dr. Hanna, participants deepen their knowledge of neuroscience and reflect on their personal experiences.

#### Individual Wise Motion Masterclass

Topics covered: brain health, high performance, stress management | 90 mins | USD 700  
(USD 200 for an additional person)

#### Individual Conversation Workshop

Optimise your calendar for brain health  
180 mins | USD 1200 (USD 400 for an additional person)

#### Pack of 3: Individual Wise Motion Masterclasses

3 masterclasses x 90 mins | USD 1900

#### Pack of 3: Post-Retreat Follow-Up Online Sessions

3 sessions x 45 mins | USD 950

# JOALI BEING

Please contact your Jadugar to book a session with Dr. Hanna.  
All prices subject to 10 percent Service Charge and 16 percent Government Tax.