



Dr. Thania Acaron: Embodied Decision Making: Crucial Life Transitions



Dr. Thania Acaron is a dance movement therapist, researcher, lecturer, and performer from Puerto Rico, currently based in Wales. She is certified as a clinical supervisor and dance movement psychotherapist in the UK and US and has worked in this field for over fifteen years. Learn how to use embodied skills in decision-making to support crucial life transitions.

TOP EMBODIMENT TIP: Ask Your Body What Is, Rather Than What Was Or Should Be

Movement Experience:

- **We move through predictable stages when going through any transition; these can be seen, experienced, and understood through movement.**
- Join Dr. Acaron in a guided practice designed to take you through the 5 stages, which draw on the work of Peggy Hackney.

Changes in Movement: Life Changes:

- The stages, summarized:
 - **Notice** what you are doing, using awareness, not judgment.
 - **Accept** what you're doing, and how it serves you.
 - Know your **Intent** - your goals pattern your brain.
 - **Clarify** intent - use images and the whole body.
 - **Practice** over time in new situations.

Decision-Making in Movement Stages:

- Dr. Acaron explores the model of Movement Pattern Analysis developed by Warren Lamb.
- In this model, we move through 5 processes in every decision or transition:
 - **Flow/Tension** - related to self-regulation and breath, tension and release.
 - **Space/Attention** - when we investigate our options. We need to feel safe to do this.
 - **Weight/Intention** - deciding priorities and throwing tantrums.
 - **Time/Action** - making commitments, planning.
 - **Reflection** - at the center of it all.

Resources

- ❖ **Website:** [The Body Hotel](#)
- ❖ **Courses:** Please enquire via website.
- ❖ **Social:** [Facebook](#)



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Dr. Thania Acaron





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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.