



**Goran Bogdanovski: Ficho Training - Train Your Body, Mind, and Spirit**



Goran Bogdanovski, is the founder of Ficho Institute. His life passion is helping others to expand their knowledge about their bodies, minds, emotions and spirit through the creative process of dance improvisation and mindful movement. Connect your mind, body, and spirit through the art of improvised dance, and explore your creative energy within.

**TOP EMBODIMENT TIP:** Face first your self doubts and insecurities to really step into the embodiment of your purpose.

**Focus on Breathing: With our breath we draw in energy and through movement we move that energy throughout our bodies enhancing our creative minds**

- Begin your session focusing on breathing.
- You can begin to move with your breath, drawing in with movement and forcefully exhaling and releasing with movement.
- Once you are warmed up you may move into a more dynamic style of dance, focusing on your breathing and incorporating the whole body.
- Be aware of your mind, body, and emotions and discover the authentic self.

Resources

- ❖ **Website:** <https://www.fichoinstitute.com/>
- ❖ **Social: Instagram** @\_transformational\_coach, **Facebook:** Goran Bogdanovski



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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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