

Experience the Transformative Power of the Moving Cycle – New Zealand 2025

Rachelle Janssen, a Dance-Movement Therapist and Moving Cycle teacher, is coming to New Zealand to teach **The Moving Cycle**—a body-centered psychotherapy developed by Christine Caldwell. Rachelle is from The Netherlands and has over a decade of experience of working in addiction care.



The Moving Cycle is more than a therapeutic approach—it’s a journey into the wisdom of the body. Rooted in dance therapy, neuroscience, and contemplative practices, this powerful method helps individuals **reconnect with themselves, heal past wounds, and craft new, empowering narratives.**

For **therapists, educators, artists, and changemakers**, this training is your chance to integrate movement into your work and life:

- ◆ **Phase 1: Core Principles & Practices** (20–23 June 2025)
- ◆ **Phase 2: The Rhythm of Self & Other** (26–29 June 2025)

Whether you seek **professional enrichment or personal transformation**, this journey will open new doors. **Spaces are limited—don’t miss this opportunity!**

Find all details—dates, location, fees, and registration—on the website:
www.rachellejanssen.com/feel-at-home/

✨ **This is your time. Step into your truth. Expand boldly.**

👉 **Reserve your spot today!**

