



Brinda Jacob-Janvrin; Keynote Day 3

“Desire - Awakening the Deep Body”

Brinda Jacob-Janvrin is a movement-based expressive arts therapist and a contemporary dancer/choreographer with more than 25 years of performing experience. A qualified counsellor, she has been working extensively with movement and arts therapies since 2003.

A practitioner and facilitator for Authentic Movement and Natural Dreamwork, Brinda is passionate about the arts, the mysterious workings of the Psyche Soma and connections between the Body and Earth. Brinda is the founder and managing trustee of the Studio for Movement Arts and Therapies Trust, a registered charitable trust, created in January 2011 with the following vision and mission:



Vision: With resilient and empowered individuals, a healed world emerges.

Mission: We craft creatively alive spaces to nurture and catalyse self-inquiry, expression and it's integration.

Of the firm belief that reclaiming and having agency around our desire is a towards true empowerment, Brinda has created and continues to work with the Desire project.

The project is an invitation to explore sensations, emotions, images and questions around desire, identity, longing, and belonging. The Desire project takes the form of workshops, photography and movement installations, performances and in its current iteration a hybrid documentary film (work in progress).

Read more at:

<https://smartmove.co.in/brinda-jacob-janvrin/>

