

Jaya Paula Pravaz



Jaya Paula Pravaz - Is a performer and movement arts therapist. With a degree in physiotherapy she combines the scientific studies of anatomy and movement with the wisdom of expressive arts and somatic practices to create spaces that promote integration and healing through the body-mind connection. Graduated in the Life-Art Process with the performer Anna Halprin, Theta Healing with Vianna Stiball, Quantum Listening with Or Koren. Studied Butoh dance with Koichi and Hiroko Tamano. Received a scholarship from the Indonesian government to study sacred dances in Bali. She has been performing and offering workshop and one on one sessions in several countries since 1998. She currently lives in Rio de Janeiro from where she offers

online workshops and sessions for creative self-healing.

WORKSHOPS

Writing through the Body