

Maria Karakostanoglou

Educational kinesiologist, specialized kinesiologist, interpreter and translator. Staff interpreter for the European Commission from 1995-1999 and a free lance interpreter for the same Institution since. In touch with specialized kinesiology as a client since 1999. In extensive training from 1999 - 2003 as a specialized kinesiologist. Brain Gym® and Educational Kinesiology is her favorite field; her approach is educational ie guides people into recognizing their own potential and drawing it out, using the power of intentional movement and noticing. Continues her training mainly in the area of movement-based learning and incorporates other techniques like Non Violent Communication, EFT and The Work of Byron Katie in her work. Teaches Brain Gym101, Movement Dynamics and Double Doodle Art. Is fluent in English, French, Italian and Spanish and believes that the language that never fails to surprise, heal and help us grow is that of the human body. She works in private sessions (both adults and children), teaches and gives group classes.

Bring people closer to their innate power and help them re-discover the joy of learning in all aspects of life through intentional movement, play, observation and reclaiming their body's wisdom. Also, putting Brain Gym® in all schools in Greece!



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