



Marjon van Grunsven

Artistic Director • Creative Director • Coaching & Consulting

### **Biodynamic & Integrative Psychotherapy**

In 2016, Marjon first came into contact with this form of body oriented psychotherapy while still on tour as Artistic Director with Cirque du Soleil. It felt and still feels to her like she is slowly coming home. After so many years of travelling, a lot of work, a lot of pressure, the cork eventually flew off the bottle and she found a place where she could land gently, where she could slow down, where she was listened to and where she was truly heard, where she felt seen, where she laughed, cried, and stood still. A place where she slowly regained trust and connection with her own true and unique life force and where joy could be felt and experienced freely again. A place where authentic connection with herself, the other and the world around her was welcomed: A journey that would last her whole life, and that will never be 'finished': A journey of learning, discovering, falling and getting back up again, a journey of growth and wonder and above all, a journey back home, to herself.

There was also a deep sort of 'knowing' for Marjon that finally, after so many years, the time had come to 'meet herself and from that place also the other'. To be privileged enough to accompany others on their own journey and to help them find their way back home to themselves and into this beautiful world.

A unique and completely authentic experience.

In January 2019, Marjon fully embraced the work and started her 4-year training as a Biodynamic & Integrative Psychotherapist in Amsterdam while continuing her deepening study with her mentor in Ireland.

Since the year 2019 she has been affiliated and registered as a Biodynamic & Integrative Psychotherapist 'Trainee' with the Foundation for the Professional Organization for Body Oriented (Psycho) Therapy (SBLP) in the Netherlands.

Next to her work in the field of dance, theatre and the Pilates method, Marjon now offers personal one-on-one therapy in her private practice in 's-Hertogenbosch (The Netherlands) and is also available online nationally and internationally.

***Contact Marjon for more information or for a consultation.***