



All for You

A structured practice to explore the body–mind connection and restore balance to the nervous system, promoting an immediate sense of calm, lightness and wellbeing.

If, in your day-to-day life, there is little space for self-care and you feel affected by the speed of contemporary society — which prioritises productivity and automatism, leaving aside attention to listening and balance — it is likely that you experience a deep disconnection from your body.

It is important to know that the more we orient ourselves towards the outside, the weaker our capacity for inner listening becomes — body, mind and emotion. This distances us from our most essential needs. Without bodily listening, we lose access to the feedback information that the body constantly generates about what we need in order to sustain our internal regulation. These physical messages can range from subtle to extreme, and when they reach this latter point, they manifest as clear symptoms: insomnia, palpitations, tension, trembling, pain or dysfunction. Although they may seem unchangeable, it is important to understand that this perception, if we become aware in time and offer the appropriate support, can be transformed: the body has an enormous capacity for return, reorganisation and relief.

As a theatre director and choreographer, I have devoted more than twenty years to the study of the body as an essential instrument in performance, creation and in the qualitative improvement of my life. For me, the body is origin, motor and memory: the matter from which creative impulse arises and, at the same time, the living archive where our experiences are inscribed. This axis guides my artistic and pedagogical exploration, understanding each bodily process as a path towards greater availability, clarity and embodied fullness.

About All for You

My intention is to accompany you in the development of a broader bodily awareness through accessible exercises in breathing, stretching, relaxation, postural alignment, release of tension and movement. Over my experience with performers, I have observed the body's capacity to regulate itself when it is offered a space of attention and sustained practice. Through different techniques and approaches, I propose a deep and respectful way of approaching one's own body.

This creates the conditions that allow perceptible changes to be experienced from the very first sessions. For me, it is essential to cultivate bodily awareness, somatic experience, rest and mindfulness. From this perspective, I offer a safe space in which to explore the relationship between body, mind and emotion, encouraging a non-judgemental listening, supported by trust and respect, towards a truly restorative experience.



What we will work on

- **Listening to and connecting with the body:** Learning to listen to the body and observe from somatic sensation, integrating body and mind.
- **Body awareness and attunement:** Refining the psycho-physical-sensory relationship of the body and developing awareness of the skeleton.
- **Physical development and fluidity:** Developing strength, relaxation and fluidity in movement.
- **Inner space and presence:** Deepening work on inner space in relation to space and to others, and cultivating presence.
- **Movement as an integrative tool:** Encouraging enjoyment of movement as a tool for integration and self-care.

Who it is for

This course is designed for women who feel the need to dedicate time to themselves, to reset and to cultivate self-care.

Limited places

Selection will be made based on a short biography and a sentence in which you share what moves you to take part in the course.



Nuria Legarda

A European theatre maker, choreographer and theatre researcher, Nuria Legarda develops an authentic, visceral and distinctive approach. Her work emerges at the intersection of theatre, dance and the visual arts, articulated through a relational dramaturgy of the body and image. She creates a hypnotic visual poetics that invites the audience to perceive and understand through sensorial experience, in an embodied encounter. Her work explores human behaviour and proposes understanding society as an extension of individual internal processes.

Had worked at:



Those who have worked with Nuria have said:

'Nuria is an incredible mentor and director. Her work is deep, refined and highly effective. She helped me enormously in the construction of my character, through the connection of body and emotion, always from a place of searching. She is fantastic — I love her!'

– **Silvia Abril, actress**

'Nuria Legarda's training was transformative. Her exquisite choice of words provoked immediate, effective and surprising changes in our bodies. Her training was fundamental in preparing the cast for performance, which is why her contract was extended throughout the entire run — a pioneering and innovative proposal initiated by the cast and supported by the National Theatre of Catalonia.'

– **Teresa Urroz, actress**

'Truly revealing. Nuria's workshop has a special quality that gives it a unique depth and manages to touch the fibres of the heart, the bodily fibres, the cerebral fibres. I believe it creates a wonderful connection between thinking, feeling and expressing ourselves through our body, and also shows us how our body speaks to us'

'I joined the workshop through the Ana Bella Foundation, of which I am part as a network of women survivors. That is why I say it was a breath of fresh air — a breath in life, a breath along the path. Wonderful'

'I would always recommend a process with her. She is great, she is wonderful. She invites you to think yourself, to think yourself with others, to think everyday life through the imaginary and the symbolic. It is an invitation to release and to be held with others in shared humanity.'

– **Marcela**