

ADVENTURES IN THE FIELD™

Embodied. Spatial. Philosophy

Designed and facilitated by [Camilla Maling](#)

Here is a process that has arisen from your make up and grows as uniquely as you. Here is a process to cultivate an awareness of yourself as an omni-dimensional embodied being. Indeed, we are all 'embodied' and because of our unique life experiences, there are varying degrees of awareness, understanding & knowing. I feel that embodied experiential understanding is key to our vitality and intelligence as a human race & culture and our personal, collective & environmental sustainability. ~ Camilla

Take an Adventure In The Field™, follow a map and...

- Rebuild and transform your relationship with your embodiment - yourself and your physicality.
- Immerse yourself in a multi-dimensional exploration into your unique cellular intelligence.
- Take a guided spatial exploration - your body as map and compass.
- Address and re-pattern your behavioural habits and generate new energy for life.
- Explore a profoundly therapeutic process if you're in or at the end of major transitions or life altering experiences; relationship breakup, job loss, parental transition, menopause, grief, loss.
- Transform. This work can be for those who are simply curious and seek another way in which to approach life.
- Reveal a sophisticated set of tools to aid you in your daily life.

What exactly is AITF & what happens on an adventure?

"It's a physical awakening system. You actually build new sense pathways. It's a physical truth that proper learning changes your perception and this shifts your world." Grant L.

Adventures In The Field™ is the uncovering of an embodied, spatial philosophy. It is an inter-disciplinary, deeply therapeutic rich research space and an opportunity to play in the landscape of you.

Camilla has modelled nine zones to provide a map to a cognisant & felt embodiment. Adventures in the Field™ codifies a way in which we move through environments and deal with information. These zones are traversed using movement, yogasana, facilitated improvisation, language and the intelligence of spontaneity. Each venturers' experience will be completely unique and each crossing of the nine zones presents a greatly varied experience. The work meets you where you are.

"We all share roughly the same systemic design and it's in our physical, mental and emotional expression of this design, where the individuality resides." Camilla

Who is AITF really for?

Anyone can participate in Adventures in the Field™. It doesn't matter if you've never done anything like this before or how proficient you are with your yoga practice or creative movement. What is required is a curiousness, openness and willingness (and that you are over 18!).

Perhaps you're actively looking for support to change your behavioural patterns. Here is a process that reveals a set of tools to aid you in daily living. This work relates directly to you, now.

Journey into your behavioural imprints and discover, reveal, heal.

What others have said about AITF...

"A deep exploration, moving beyond my sense of what is, working ways to see, feel and experience things in a new light. Amazing facilitation." Mish JL

"It helped me develop my self confidence. I'm better at pushing myself in uncomfortable situations and dealing more effectively with what life throws at me." Tim S

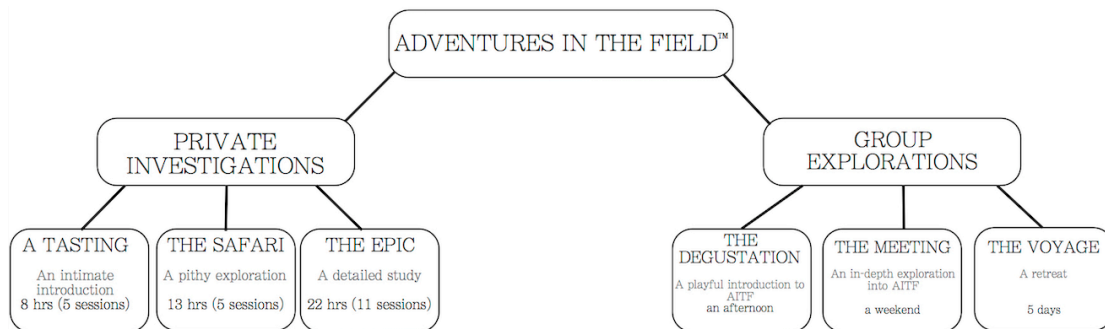
"It felt safe to visit the more challenging areas and I experienced renewed energy becoming more closely acquainted with the parts of me that can often remain ignored.

I felt my thinking and outlook was transformed as to how I could apply this experiential wisdom into my daily life and my yoga practice.

I left the process with a renewed sense of my creative and physical self: awake and reconnected to what this body, mind and spirit needs." Christine P.

How can I participate in AITF?

Adventures in the Field™ can be accessed via private or group sessions.



* Please note that group sessions can be completed in part or full. Whether you choose to dive into only The Degustation or The Meeting, or you decide to venture both, Camilla will lead you into a thorough and complete experience.

About Camilla

www.camillamaling.com

Camilla Maling is a multi-disciplinary movement practitioner, educator & therapist. She is fascinated by human beings and being human. Synthesizing over 20 years research & work in movement, yoga, improvisation and sound design, Camilla founded The Yoga Lab in Melbourne in 2013, where she continues to direct and teach. Camilla has danced for as long as she can remember and still does, especially with her two little children, Stella & Taylor.



Camilla is a generous, creative mentor and teacher who grounds her therapeutic practice in a knowledge of yoga, dance, biomechanics, sound and movement therapy. This thoughtful and playful embodied approach has given me a way of conceptualising rehabilitation and recovery less in terms of an anatomy-of-motion and more in terms of a life-in-motion." ~ Poppy DS

Anusara Yoga taught her an immeasurable amount. Body Mind Centering continues to nourish at the deepest of levels, and there have been many discoveries within Alexander Technique, Skinner Release and Contact Improvisation. Camilla has a background as an arts journalist & radio documentary maker.

"So that's a little about me, how about you? I'll see you in The Field, I look forward to it."

Signing up!

AUGUST [BOOK NOW!](#) | OCTOBER [BOOK NOW!](#)

If you're feeling a little nervous, or still unclear on what all this is about and if it's relevant to you, please don't hesitate to contact me. I'd be more than happy to fill in the blanks.

x Camilla

0421 916 802 | camilla@theyogalab.com.au

Together we explore our intelligent flesh, from which we arise.

~Guy Claxton
