

The Grinberg Method can be used to achieve a personal goal:

You want: to calm your thoughts, to have more energy and concentration
You want: to reduce stress in your everyday life and your relationships.
You want: clear communication and a natural contact with people.
You want: to learn how to influence your physical symptoms and pain

You can also use the method to form certain situations or projects with more attention, individuality and energy.

Recovery-Sessions:

The Grinberg method can also be used to recover physically.

The body knows what to do when pain and injury occur. Recovery sessions train you to create the best possible conditions for recovery and regeneration in your own body by learning to stop interfering with this natural healing process.

The effect: You recover faster, you experience pain in a different way and suffering gets reduced and life gets easier.

Which physical condition is „suitable“ for a recovery process?

- Consequences of physical trauma (e.g. sport incidents, accidents)
- Physical weakness (e.g. after surgeries, births, medical intervention)
- Returning pain (e.g. in the lower part of your back, head, neck, joints)
- Chronical suffering (e.g. menstrual pain, problems to digest)
- Emotionsless or stiff body parts (e.g. scars, implants)



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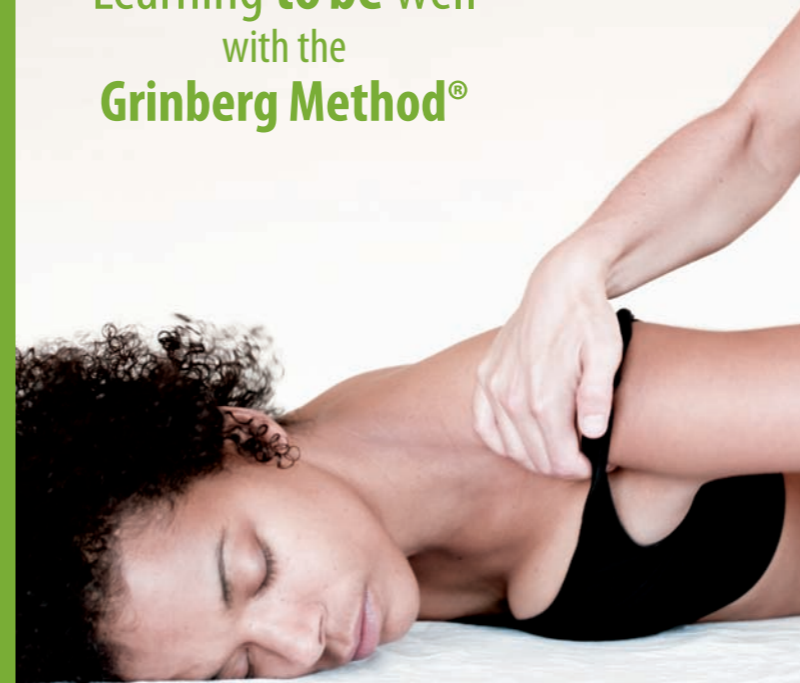
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Learning to be well with the Grinberg Method®



„ To channel our attention from our rational mind to our body changes the whole perspective on life and helps us to feel healthier and better.“

The Grinberg method is an unique learning method to improve general well-being. It aims to teach the possibility to be well and how to use the body and mind attention to affect your state of being – no matter the situation.

In individual sessions using different tools as touch, breathing, movement, I am teaching how to achieve a change in a repetitive and unwanted experience; like a disturbing physical symptom, tension, anxiety, boredom, loneliness and others, or to affect a particular form of behavior – such as indecisiveness, difficulties with concentration and focusing or shyness.

I am fluent in English, Spanish and German.

**The effect: Your body is more awake and vivid.
You learn to perceive feelings in a more precise way and to trust them again.
Power and well being increase, and you can fully enjoy your life!“**

Disclaimer: The Grinberg Method is a methodology of attention that teaches through expanding and focusing body attention. It does not claim to heal, to be an alternative medicine, a massage therapy, or to be considered among the helping professions. It is not intended for persons suffering from conditions considered life threatening. Nor for those with conditions or serious illnesses that require medical or psychiatric attention. Moreover, it is not intended to be a substitute for any kind of required treatment. The method has no ideological or mystical basis and does not demand any particular lifestyle.

