The Mobius Method is a movement-based facilitation tool that accelerates connection, trust-building and cohesion. You will learn some basic exercises appropriate for a variety of different facilitation scenarios. A combination of experiential movement exercises and reflection questions create an environment where participants gain a deep understanding of complex ideas, build trust, and discover new ways to collaborate effectively.

Our aspiration is to provide tools of how to host conversations that are meaningful and transformative for participants. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others. We will understand some of the scientific underpinnings of mindfulness work, learn and practice the impact of this as you hold space for others.

Amelia Terrapin
Amelia Terrapin is an experienced dancer, systems thinker, and educator based in Asheville, North Carolina. Reluctant to choose between art and science, Amelia is committed to creating sweet spots in our world where art and science come together to inspire new ways to collaborate effectively.

Anamaria Aristizabal
Anamaria Aristizabal is a certiﬁed Integral Coach, based in Bogota Colombia. She is an experienced coach and facilitator for Byron Fellows, a leadership development initiative for changemakers from around the world. She trained under the guidance of Integral Institute, the coaching arm of the Integral University.

Dana Pearlman
Dana Pearlman is a certiﬁed Integral Coach, based in Asheville, North Carolina. Reluctant to choose between art and science, Dana is committed to creating sweet spots in our world where art and science come together to inspire new ways to collaborate effectively.