

Uta Christ – Milz, MA

Born 1954 in Ranschbach / Germany

Mother of three children

Studies in science of education, psychology and political sciences at the University of Heidelberg

1978 Master of Arts in Educational and Social Sciences

Research and work with young adults in community centers, and on the integration of foreign children and young adults

Founded and directed a kindergarden in Berlin – West

Collaborated with different multicultural kindergardens, such as Berkeley Hills Nursery School and International Boernehavn, Copenhagen

Studies of American Studies and Comparative Literature at the Freie Universität Berlin

Guest studies at UC Berkeley on feminist literature, afro-american women`s literature

1984 Master of Arts in American Studies

Studies at the Esalen Institute, Big Sur, California

Certified Esalen Massage Pratictioner

Certified Feldenkrais Practitioner (Member of the Feldenkrais Guild)

Certificate in Peer Mediation

Longstanding studies in various body- and psychotherapeutic approaches : Tai Ji (Chungliang Al Huang), Sensory Awareness, Body-Mind Centering, Gestalt, Hypnotherapy (E. Rossi)

Since 1994 in private practice in Marquartstein : Esalen Bodywork, Tai Ji, Feldenkrais work

Teaches courses for professionals and public audiences with Helmut Milz, MD