

A empowerment workshop

A DANCE AND INTUITIVE EATING WORKSHOP

@intunutricion

Maitz Catimo

dancer, nutritionist, mental health activist and
workshopper

Workshopper objectives

- Provide tools to people who need and seek to empower themselves, through dance and food.
- Enjoy dance without pressure.
- People can share their concerns in a safe space



Content

(3 hours of workshop)

- 1.** Introduction to intuitive eating.
- 2.** How to create a one-day menu (15 min)
- 3.** Coaching for emotional lows (15 min)
- 4.** Meditation exercises. (10 min, mirror for body acceptance, breathing...)
- 5.** Body exercises. (20 min, body appreciation, free movement, partner work...)
- 6.** Group discussion after each activity. (45 min total, a way to share freely and voluntarily)
- 7.** Coreografía para disfrutar del cuerpo y de bailar. (60 min)

Key points of the workshop



An explanation of Intuitive Eating.

Principles and benefits

Practicality in implementation

How to create your own menu

Bodywork and meditation

Exercise in front of the mirror.

Breathing exercise.

Intuitive body movement in pairs.

Choreography to enjoy.

Discussion after each exercise.

A way to share and build community.

Participants share their experiences and reflections from the workshop.

Voluntary and open to all.



Training and experience of the instructor



Maitz Catimo

dancer, nutritionist, mental health activist
and workshopper

Nutrition training:

Dietitian from ETP Xavier
Diploma from Rovira i Virgili University

Dance training:

Competed in groups from 2008 to 2012
Private training with national and
international teachers and choreographers
from 2009 to 2015
Private training with Albert Sala from 2024 to
the present

Mental health activist:

Training to become an activist 2025

Relaxation techniques course 2025

Dance experience:

Dancer in music videos for national artists 2014-2016
Choreographer for beauty pageant openings 2012-2015
Dance teacher 2012 - 2018
Creation of my own art event 2017

Nutrition experience:

Private consultations (intunutrition, personal branding) since 2018
Teamwork with other nutritionists (pharmacies in Barcelona) 2020-2023

Mental health activist:

Awareness and anti-stigma workshops
Play about mental health
Podcast: La Santa Locura

Workshop facilitator for my own project:

"Dance and Intuitive Eating Workshop". Created by me 2023 - present.
Taught independently since 2023
Taught at ETP Xavier 2025

Important concepts

- 1. Intuitive eating.**
It's about fostering a better relationship with food and your body.
It's a personal process. There's no exact set of steps to follow; it depends on the individual's starting point.
It empowers people by helping them make better, more conscious choices using various tools.
- 2. Body exercises and self-connection.**
In front of the mirror. Helps confront those negative thoughts we tell ourselves so we can replace them with ones that boost self-esteem.
Conscious breathing. To feel the state of our body.
Partner dancing. Helps with intuitive movement by letting your partner guide you. (Led by me)
Choreography to enjoy. Open level.
- 3. We have informal discussions after each activity.**
It's a way to share and build community. A safe space for self-expression. Participants will have sheets to answer questions and share their reflections, along with feedback that I'll keep in case there's anything to improve.

Conclusions

It's a workshop that can be adapted to different groups depending on their needs.

It's inclusive.

It's a workshop that provides practical tools for everyday life and for dealing with difficult situations or moments in life.