

# ANNA GROVES

annagroves8@gmail.com

027 299 2991



*Somatic Practitioner, Dance & Yoga Tutor (Bach. PSA)  
Certified Nonviolent Communication Trainer, CNVC, US  
Performing Arts Teacher (Dip. Tchg)*

I stopped bleeding twelve years ago at the age of 39, after a personal crisis. However, it is only recently that I began to notice significant changes and a full sense of menopause. These changes inspired me to review my approach to life and living. I am now committed to moving forward with care and self-acceptance; and to support other women who wish to do the same.

I am passionate about movement and creativity. I coach individuals to reconnect with their bodies and develop sustainable movement practices. As a Nonviolent Communication (NVC) Trainer, I encourage groups/individuals to connect empathically with their bodies and transform self-talk with care. ([renew-now.nz](http://renew-now.nz))

I have over 30 years experience as a performer, dancer, choreographer, and dance/movement teacher. I have practiced yoga for over 30 years and now love to share it and inspire others. I run workshops and retreats, and am part of a musical duo with my partner. I am also a mother of 3 grown children and a nana.