

Cilica Chlimper, Biography

Professional activity

Teaching and training

In the last 23 years, Cilica has been involved in the teaching and training of body and breathing techniques, as well as of interpersonal communication techniques, targeted to various audiences and destined to enhance wellbeing and to contribute to a better management of personal resources.

More than 200 persons participate annually in the training courses and sessions offered by Cilica Chlimper.

She is the manager of a consultancy and training company, Sagesses SARL

She teaches internal martial arts on municipal premises in Toulouse.

<https://www.douceurdevie.com/>

<https://youtu.be/cXhKxs8DIHk>

She **taught for** 9 years physical activities for personal development and internal martial arts at UFR STAPS of the Paul Sabatier University, Toulouse, as part of the Health and Aging Professional Diploma.

Leader, since 2016, of an innovative program within the AIRBUS Company, making available her methods for achieving a better quality of life at the workplace, together with an “accompanying presence” digital product. More than **300** persons have already benefited from this program as well as from the digital tool.

Developer - Innovator

Cilica Chlimper developed “Intelligence of the Body – Intelligence of the Breathing” ® and “The Geography of Communication” ®, methods inspired by the internal martial arts, by psychoanalysis, and by pedagogical methods of active education, the result of 30 years of professional experience.

https://drive.google.com/file/d/155QiGMYyFpOlRhCRS6E6R5EfMr7oBTeg/view?usp=drive_web

Cilica is a partner of CEGOS and acts on its behalf in training courses aimed at stress management, assertiveness, self-esteem, **conflict and aggressivity prevention, and personal resource management.**

<https://www.egos.fr/formations/developpement-personnel/saffirmer-et-sortir-des-conflits-au-quotidien-assertivite-niveau-2>

Her methods have been adopted, among others, by: AIRBUS, Hertz, Consuel, ECL, CEGOS, CNES, CIC, CIMPA. L'HÔPITAL DES ENFANTS, Paule de Viguier, BETTER HUMAN Astra Zeneca

Research

She was associated to the research team of Professor DO of UFR STAPS Orsay as part of a project called “Influence of Breathing and Body Practices Stemming from Qi Gong and Tai Chi Chuan in Reducing Backpain and Stress in Astronauts”. Project presented at the ESA Request for Proposals, 2009.

In this context, she took part in two parabolic flights within the scope of the CNES Campaign, October 2009.

Research action: Aging Well (2014 – 2016): “Evaluation of the Impacts of the Method “Intelligence of the Body – Intelligence of the Breathing” ®, created by Cilica Chlimper, on the prevention of aging, in particular the effects of physical activities on cognitive aging.

Carried out with the researchers: Jean-Claude Marquié (Research Manager, CNRS), Khaled Fezzani (Doctor of Behavioral Neurosciences, Paul Sabatier University, Toulouse).

<https://www.ladepeche.fr/article/2014/06/03/1893230-un-laboratoire-national-pour-bien-veillir.html>

Actions for the protection of the environment

Cilica Chlimper was involved for 10 years in the protection of the environment as part of the implementation of an eco-development project with Quechua farmers, aimed, on the one hand, at the protection of Amazonia and, on the other hand, in raising environment awareness in young people in France. Association “Autres Regards” 1990-2000.

Author

[Game:] With the sponsorship of UNICEF, “*Menaces sur TèR*”, “*Threats against TèR*” a fantastic board game about environment protection. It was awarded the Special Prize of the Toy Librarians at the Professional Game Fair, Paris, 1996.

<https://jeuxsoc.fr/?principal=/m/menac.php?rewrite=1>

[Short film:] “*I Want to Grow Up*”, color, 7 minutes, broadcast in all the cinema halls in Peru, <https://youtu.be/h1UekIYehCU>

Three scientific papers and a thesis, on learning methods, with the Catholic University of Peru – 1978.

“*Fragmentos de vida 13*”, an illustrated book of poems published in Peru in 1978.

http://facultad.pucp.edu.pe/artefiles/2013/01/lecarte_01_03.pdf pages 25-26

In progress...

A book accompanying a digital tool: “*Activate Your Resources and Regain Your Serenity and Your Energy*”.

A collection of 7 illustrated game books for children.

Education and Affiliation

Advanced Studies in Humanities and Psychology (Pontificia Universidad Católica del Perú) (1968-1973).

Member of the first Psychoanalysis Study Group in Peru (1970-1976).

Holder of CQO (Professional Training Certificate: Leisure Sports Facilitator), 2003.

She continues to enrich her practice ...

Internal Martial Arts and Breathing Techniques, since 1976, with the Masters Llosa, Chen and WU, Peru, USA, France.

Social Actor Clown, since 1994 (Bataclown Lombez- France).

The Human Voice, 1984-2004 (Roy Hart Malérargues- France).

Alexander Method, 2006-2008 (Art and Alexander, Toulouse).

Indian Classical Dance, since 2009 (India, Paris).

Yoga Iyengar, since 2012 (Yoga Huit Toulouse).

Pilates Mat work, 2014 (Leaderfit).

Languages

French, English, Spanish

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