

# Cilica Chlimper

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## Summary Biography

1222 Chemin de Nestri — 09200 Alos, France  
+33 (0)6 12 65 63 88 — ccilica@gmail.com

## Professional Activity

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### Teaching and Training

Over the past 25 years, Cilica has focused on teaching and training in body and breath techniques and interpersonal communication, working with diverse audiences to support wellbeing and better personal resource management. More than 300 people per year attend Cilica Chlimper's courses and training sessions. She is the director of Sagesses SARL.

[sagesses.biz](http://sagesses.biz)

Partner trainer for CEGOS: stress management, self-assertion, self-esteem, conflict prevention, personal resource management.

[CEGOS Training — Assertiveness Level 2](#)

Between 2016 and 2020, she created and led an innovative program at Airbus (300+ employees). FitVision is currently deployed with 100 engineers at Airbus Engineering Toulouse, Wellbeing@Work initiative (2025-2026).

[FitVision — program](#)

[FitVision — PDF presentation](#)

25 years teaching internal martial arts in Toulouse. 9 years at UFR STAPS, Paul Sabatier University (Professional Degree: Health and Aging).

[douceurdevie.com](http://douceurdevie.com)

### Designer — Innovation

Creator of 'The Intelligence of the Body, Intelligence of the Breath'® and 'The Geography of Communication'®, methods inspired by internal martial arts, psychoanalysis and active pedagogy (30 years of experience).

[Presentation video](#)

Creator of FitVision: visual health program for people overexposed to screens.

Key clients: Airbus, Hertz, Consuel, ECL, Astra Zeneca, CNES, CIC, CIMPA, Children's Hospital Paule de Viguier, Better Human.

## Research

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Associated with Prof. DO's team (UFR STAPS Orsay): ESA 2009 project on Qi Gong/Tai Chi for astronaut stress. Two parabolic flights, CNES October 2009.

Action-research 'Living Well While Aging' (2014-2016) with J.-C. Marquié (CNRS) and K. Fezzani (Neuroscience, Paul Sabatier Univ.): evaluating impacts on cognitive aging.

[La Dépêche article](#)

## Environment & Author

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10 years of environmental protection: eco-development with Quechua farmers (Amazon) and youth awareness in France. Association 'Autres Regards' 1990-2000.

Short film 'I Want to Grow Up' (7 min, all cinemas in Peru). Board game 'Menaces sur TèR' (UNICEF, Special Prize Paris 1996). Scientific thesis and reports (Catholic Univ. Peru, 1978). Poetry collection published in Peru, 1978.

[Watch the film](#)

## Training

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Human Sciences & Psychology, Pontificia Universidad Católica del Perú (1968-1973). Psychoanalysis (1970-1976). CQP Sports Instructor (2003). YOGABODY Breath Coach (May 2025). In progress: Oxygen Advantage Advanced Instructor, Patrick McKeown (2025-2026).

[Oxygen Advantage Advanced Instructor](#)

## Ongoing Practices

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Internal martial arts (since 1976). Social clown (1994). Human Voice — Roy Hart (1984-2004). Alexander Technique (2006-2008). Classical Indian dance (since 2009). Iyengar Yoga (since 2012). Pilates (2014).

## Languages

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French — Spanish (mother tongue) — English.