



# *cellular awareness*

## Somatic Workshop for Women

with

**Brenda Downing**

*Through breath we settle, find steadiness and connection with one another.*

This workshop is an introduction to our cells and the practice of cellular breathing - a somatic approach to the exchange of oxygen and carbon dioxide in our cells. The technique supports cells to function optimally, generating more energy through a focused uptake of oxygen. We will begin with a guided warm-up followed by a spacious somatic movement exploration of this cellular exchange. Focusing on inner sensation and bodily perception, we will engage with the intelligence and beauty of our cellular breathing bodies.

If the challenges faced this year have left you feeling tired, depleted or distanced from your life, the nurturing practice of cellular breathing offers psycho-physical comfort, supporting you to rest, recuperate, and find renewed vitality. No prior experience is necessary, Brenda welcomes all levels of readiness – this approach offers rich application for personal and professional growth.

**When:** Sunday 30 August 2020  
**Time:** 2pm – 5pm  
**Where:** North Fremantle Community Hall  
2 Thompson Rd North Fremantle  
**Cost:** \$75 \***Earlybird by 23 August**  
\$125 Full Fee

\*Please wear soft clothes and bring writing/drawing materials, a blanket to lie on, and cushions, if needed.

**Brenda Downing PhD** is a Counsellor and a Registered Somatic Movement Educator & Therapist (RSME/T). She is a professional member of **ISMETA** and the Australian Counselling Association. She has been studying Body-Mind Centering® and somatics with **Alice Cummins** for over ten years. Brenda is a feminist scholar and educator. She is also part of Perth Improvisation Practice (PIP) and a published writer. Brenda's primary interests and research aim at supporting women to lead empowered and creative lives.

**Direct payment:**  
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\*Please send an email confirming payment and a receipt will be provided.