



## *feeling our feet*

### Somatic Workshop for Women

with

### Brenda Downing

In this workshop, we will engage with the exquisite structure of our feet through experiential anatomy, somatic movement, images and shared stories. The bones, joints, muscles, tendons, ligaments and nerves in our feet are fundamental to stability, movement, and agency. Immersion in their architecture will increase awareness of the crucial role feet play as a dynamic base of support for our verticality, allowing macro and micro adjustments with every step.

No prior experience is necessary - Brenda welcomes all levels of readiness. Her workshops offer a space for rich inquiry, personal and professional growth.

**When:** Sunday, 31 January 2021  
**Time:** 2pm-5pm  
**Where:** North Fremantle Community Centre  
2 Thompson Rd North Fremantle  
**Cost:** \$75 \***Earlybird by 21 January**  
\$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 Registered Somatic Movement Educator & Therapist (RSME/T) and member of ISMETA. She is a feminist scholar, educator, and published writer, and part of Perth Improvisation Practice (PIP). Brenda has been studying Body-Mind Centering® and somatic practices with [Alice Cummins](#) for over ten years. She is also a Counsellor ([Australian Counselling Association](#)). Brenda's primary interests and research is in supporting women to lead empowered and creative lives.

**Direct payment:**  
**Integration Practices**  
BSB: 302-162  
ACC: 1627314

**Contact details:**  
M: 0422 950 376  
E: [brenda@integrationpractices.com](mailto:brenda@integrationpractices.com)  
W: [www.integrationpractices.com](http://www.integrationpractices.com)

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

Image: B. Downing, 'alice and jacqui' (2017)