



# *our sensory body*

## Somatic Workshop for Women

with

Brenda Downing

*Our sensory body* plays a vital role in how we perceive, relate to, and interact with the environment and those around us. This workshop will focus on seven sensing systems that enable us to perceive movement, touch, taste, smell, sight, sound, and proprioception. Mindful of the interrelatedness of the senses, and our perceptual experience, we will engage with their function and specific qualities through experiential anatomy, somatic movement, and shared discussion.

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 8 November 2020  
**Time:** 2pm – 5pm  
**Where:** North Fremantle Community Centre  
2 Thompson Rd North Fremantle  
**Cost:** \$75 \***Earlybird by 1 November**  
\$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**  
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\*Please send an email confirming payment and a receipt will be provided.

Image: B. Downing