



moving from the inside

Somatic Workshop for Women

with
Brenda Downing

The core of the movement experience is the sensation of moving and being moved [...] Ideally, both are present in the same instant, and it may be literally an instant. It is a moment of total awareness, the coming together of what I am doing and what is happening to me. It cannot be anticipated, explained, specifically worked for, nor repeated exactly. - Mary Starks Whitehouse

Would you like to feel more present and experience greater somatic attunement? This workshop draws on the guiding principles of **Authentic Movement**, a relational practice between mover and witness. Listening deeply to inner sensations and experiences and responding through movement in a witnessed and safe space, can give rise to sublime moments of alignment between feeling and expression. These moments can be a unique and powerfully transformative experience.

The workshop will begin with a guided somatic warm-up followed by Authentic Movement. We will spend time integrating what has arisen through writing, drawing and shared conversation. No prior experience is necessary - Brenda welcomes all levels of readiness.

When: Sunday, 3 October 2021
Time: 2pm – 5pm
Where: North Fremantle Community Hall
2 Thompson Rd North Fremantle
Cost: \$85 ***Earlybird by 27 September**
\$125 Full Fee

*Please wear soft clothes and bring writing/drawing materials and a blanket to lie on.

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.

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

Photography by Brenda Downing