



# *moving from the inside*

## Somatic Workshops for Women

with  
Brenda Downing

*I was really inside my body ... exploring my interior world ...  
movement propelled by what I found and felt there – Brenda D*

Would you like to feel more present to your inner life and experience greater somatic attunement? Feel an increased capacity to respond to others? This series of workshops draws on the principles of **Authentic Movement**, a relational practice between mover and witness. Being present to feelings, sensations, and experiences as they arise, and responding through movement whilst being witnessed, is deeply affirming and powerfully transformative. In these workshops you will have the opportunity to move and witness others moving in a safe, contained space. Following the guiding principles you will refine inner and outer attention. This will support deeper bodily connection and presence, whilst strengthening relationship with others.

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

**When:** 6, 13, 20 & 27 September (4 weeks)  
**Time:** 2pm – 4pm Sundays  
**Where:** North Fremantle Community Hall  
2 Thompson Rd North Fremantle  
**Cost:** \$160 \***Earlybird by 1 September**  
\$200 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