

Falling *♪♪♪♪*

in Love *♪♪♪* with Yourself

Making Discoveries into Your “Moving Personality”



If you are interested in uncovering movement patterns, which no longer serve you, and increasing your capacity to find ease and support in your everyday movements, this workshop is for you.

No experience necessary. All experience welcomed.

Continuum:

Through sounds and breath we will access the fluid dynamics of expression, which builds a scaffolding of support into space. As our tissues liquidifies, we engage with the play of a sensational orchestration of our bio intelligence guided by the kinesthesia.

Dynamic Alignment:

How does your Body reach into the Space inviting it to move? Where does it hold back or tip over into outer experience? Exploring the lines and planes in all dimensions of space, we will discover a new capacity to find support, to awaken and lean into where we have broken from the harmony and tensegrity of inner support to meet outer space relationships.

Effort/Shape:

This scale of movement choices will broaden our movement expression revealing the character of our “Relating” style towards self and other in the effort combinations that reflect our “moving personalities”. We will discover and explore new ways of expression through movement and uncover our own styles of embodiment and where they can be freed from lifelong patterns.

September 20th 1 - 3:30 PM

Located at the Flowjo <http://www.theflowjo.com>

Contact Julia at julia@hoopdrum.com

Sliding scale \$20 - \$40

For more info: Rebecca.amislawson@gmail.com

www.evolvingtherapies.com

Rebecca Amis Lawson has been wholeheartedly involved in dance and psychology for the last 35 years. An authorized Continuum teacher, she has a MA in Dance/Movement Therapy from New York University and a B.S in Psychology. She is certified in Pilates and connective tissues massage. She is a somatic practitioner using the body and movement to facilitate the therapy process. In her work, she has been able to coalesce psychological mindedness, a love of dance, and a heartfelt sense of humanity. She offers experiences that are revelatory, expressive, and self-creating.