

Embodying the Artist Within



Continuum Movement & Expressive Arts Workshop *May 1 - 3, 2015*

Inside each of us is an artist with the creative capacity to shape our lives as a vibrant expression of our true nature. In this Continuum Movement and Expressive Arts Workshop, we will engage in somatic and arts-based practices for cultivating embodied presence, inquiry and authentic expression. Explorations in movement, sound, spacious silence, and being in nature will support our explorations in drawing, sculpting in clay, dancing, writing, and other forms of art-making. By awakening our senses and opening to the depths of artistry within us, we discover new images, resources and inspiration to nourish and sustain us in everyday life. This weekend workshop is an invitation to immerse yourself in Continuum and artful play while gaining perceptual and somatic skills that can be integrated into daily practices as well as creative and healing work with others.

*Co-facilitated by **Rebecca Lawson, MA, R-DTR, Authorized Continuum Movement Teacher & Jena Leake, PhD, REAT, Registered Expressive Arts Therapist***

Location: Evolving Therapies Studio, 912 Damascus Church Rd., Chapel Hill, NC, 27516

Fee: \$300 (includes art materials) **CEUs:** 11 for Bodyworkers; 11 REAT Personal Process

Schedule: Fri., May 1: 6-9 pm; Sat., May 2: 10:30 - 6 pm; Sun., May 3, 10:30 am - 1 pm

Register: Space is limited to 10 participants, so please register early. Send check made payable to Evolving Therapies at above studio address. For more info, see: evolvingtherapies.com