

# Authentic Movement

## Journey to Embodied Wholeness

Weeks of 3/17, 3/31, 4/14, 5/5 & 5/19

### MOVING/WITNESSING

Join us in a 3-month movement exploration practice in which movers are witnessed and offered feedback. This practice serves to develop consciousness & intuition.

### INTUITION

This form of deep listening and conscious speaking literally returns us to our senses, reawakening our innate experience of intuitive knowing.

### SAFETY/

### CONNECTION

Movers move with eyes closed from a place of inner connection. Witnesses create safety through nonjudgemental observing.

### CONSCIOUSNESS DEVELOPMENT

Alignment to Soul & the ability to move from an intuitive state in the presence of another is strengthened.

5 weeks online instruction/discussion on Mondays and in-person studio instruction on Wednesdays - March, April and May. Info, dates and registration: [goembodiedwholeness.com/authentic-movement](http://goembodiedwholeness.com/authentic-movement)