

# AUTHENTIC MOVEMENT: JOURNEY TO EMBODIMENT

## Autumn Class Series

6 studio sessions + 6 zoom sessions over 3 months

with Kendal McDevitt and Lumini Merced

### DESCRIPTION:

Authentic Movement is a simple, yet profound practice of conscious moving and witnessing. The mover attends to inner sensations, feelings and impulses as the source of spontaneous movement which is done with eyes closed in silence. The witness holds an unconditional presence and a safe container for the mover's experience. Emphasis is placed on movement that emerges from soma and psyche, and on language that is grounded in the body. No prior dance or movement experience is necessary.

This autumn series is the first of three modules and will focus on moving and cultivating greater body awareness and trust in somatic wisdom. The teachings will include exercises to hone the skills of conscious movement, and theory from Janet Adler, a pioneer in the field of Authentic Movement. The facilitators have extensive training and experience in authentic movement, dance, somatics, therapy, and energy healing. For more information on their backgrounds, visit <http://goembodiedwholeness.com/authentic-movement>

### DATES:

Zoom Sessions: Mondays, 6:00 – 7:15 pm, September 11, 25, October 9, 23, November 6, 20  
Studio Sessions: Wednesdays, 6:00 – 8:30pm, September 13, 27, October 11, 25, Nov 8, 22

**PLACE:** Neighborhood Yoga Studio, 129 Shanthi Way (off Water Street in Downtown Boone)

**COST:** \$380

\$50 nonrefundable deposit to hold your place

\$330 balance due by September 1

Monthly payment plan (available upon request)

Financial aid option (for limited number of participants)

**REGISTRATION:** <https://goembodiedwholeness.com/scheduling-%26-payment/ola/services/authentic-movement-journey-to-embodiment>. Group size up to 12 people.

For more information, please contact:

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Lumini Merced: 828-262-0161 (voice message)

**Join us in creating a community of embodied movers and  
a sacred space to support personal and group unfolding.**