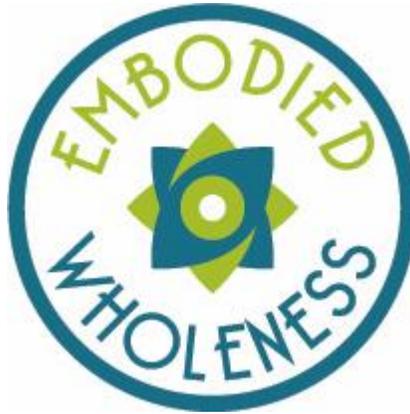


**AUTHENTIC MOVEMENT:
JOURNEY TO EMBODIED WHOLENESS**

*A mindful movement practice that strengthens intuition
by integrating body, mind, Soul and Spirit*

Dates: Ongoing monthly-
5/16, 6/27, 7/25, 8/15,
9/26, 10/24, 12/5



Time: 10:30am – 1pm EST
Cost: \$20/session, \$140 total
Location: Zoom

WHOLENESS:

"A state in which consciousness & the unconscious work together in harmony."

Daryl Sharp, Jung Lexicon

Authentic Movement is an expressive, contemplative movement practice involving movers and witnesses that allows participants a type of free association of the body. For both the mover and the witness, work is concentrated in the development of the inner witness. With eyes closed, movers listen to and follow an inner impulse to move in the presence of an accepting witness. Movement may arise from sensation, image, memory, thought, and/or direct experience. This practice supports individuals to align with and move from an intuitive, aligned state in the presence of another, strengthening their ability to track embodied experience, and practicing self-referencing speech as a means of bringing consciousness to their body's wisdom. Through this form of deep listening and conscious speaking, we literally return to our senses, reawakening our innate knowing of our own unique experience of wholeness, which is ultimately our return to our Soul and to Spirit, which together are the source of our intuition.

In this group, we will co-create a safe space, honoring the profound gift of each person present and the embodied expression of both personal and collective that is waiting to come through. We will begin each week checking in, briefly discussing the practice and then exploring the rich landscape of listening to our inner impulses to move.

Authentic Movement offers:

- A simple yet profound practice for deep listening and connection
- An opportunity to slow down and be with direct inner experience
- A safe space to move and express freely without judgment or limitation
- An invitation to explore our relationship to being seen, held, and supported
- A deepened relationship with our habitual patterns and authentic movements
- An opportunity to develop our ability to discriminate between personality, Soul and collective

Authentic Movement benefits:

- Anyone wanting to develop their intuitive self
- Anyone wanting to expand their creative skills or embodied expression
- Parents wanting to reconnect with their own bodies, rhythm, and trust
- Professionals who want to slow down and listen to their inner voices
- Anyone who wants to strengthen/deepen their body-based connection with Soul and Spirit

Questions? Contact Kendal McDevitt at goembodiedwholeness@gmail.com or 828-773-8883

