

# ***Taking Up Space***

## **A Movement and Expressive Arts Workshop**



**Sunday, July 15<sup>th</sup>, 2018**  
**1- 4 pm**

- **How do we take up space -- physically, emotionally and relationally?**
- **How much space are we allowed?**
- **Do we ever make ourselves smaller than we really are?**
- **Do we ever make ourselves bigger than we feel?**
- **Are others taking up more space in our life than we would like?**
- **Can we take up the space that is ours and still make room for others?**

In a safe, non-judgmental environment, you will be gently guided to explore these questions. We will use **movement, dance, sensory awareness** and **guided imagery** to spark our responses, and **writing** and **art** to anchor the richness of our experiences. These are deep questions; we will explore them with a sense of **curiosity** and in the **spirit of play**.

**No experience necessary.** Anyone can do this. **We will have fun.**

Date: **Sunday, July 15<sup>th</sup>, 1-4pm**

Fee: **\$75 Early Bird Discount**, pay by July 8<sup>th</sup>. **\$90 Regular**

Location: **Fairfax/Beverly Grove** area. Exact address given at registration.

To sign up **please contact** Irene Bowers

**(213) 324-3261** or **irene@moveintojoy.com**

**Irene Bowers:** I am a movement teacher, Guild Certified in the *Feldenkrais* Method<sup>cm</sup> and have a background in singing, acting and dance. I'm also a practitioner of Somatic Experiencing<sup>®</sup>, a psychobiological approach to reducing trauma symptoms and chronic stress. I give classes, workshops and work privately with clients.