

Depth Movement with Katya Bloom - Spring 2016

The practice of Depth Movement cultivates awareness. Depth Movement awakens and tunes the body, as well as deepening the capacity for being in relationship with others and with the natural world.

Depth Movement heightens our ability to both listen to and speak the language of movement. As we develop our movement vocabulary through mindful improvisation, we may also recognize outdated personal habits and discover new choices. The practice recalls the spontaneity and deep attention of young children at play.

Depth Movement is for anyone interested in the value of an embodied approach to life and work. Current thinking about the brain and body points to the crucial importance of nonverbal, embodied perception and communication - Depth Movement offers a path toward fostering the integration of body, heart and mind.

March 13: *Focus on the Body*

Articulating parts, embodying the whole

April 10: *Focus on Connections*

Relating to self, others & environment

May 15: *Focus on Integration*

Being present in the movement of life

Try to attend all three sessions for your best experience of Depth Movement. If this is not possible, each workshop will stand alone.



Time: 2-4pm, Sundays March 13, April 10, May 15

Place: Jefferson Hall, 1535 Santa Barbara St, Santa Barbara, CA 93101

Cost: Series - \$80 Individual session - \$30

This course meets the qualifications for 6 hours of continuing education credit for MFT's and MSW's as required by the California Board of Behavioral Sciences. Provider No. #3888

TO REGISTER:

RSVP

For more details:

Queries

Katya Bloom, PhD, BC-DMT, CMA

I have studied and practiced movement for over 40 years. I have worked with movement as an art form, a form of therapy, and a form of meditation. I am a teacher, a therapist and a writer. I have written and edited books and articles about my work. Primary inspirations have been Prapto Suryodarmo's Amerta Movement, and Laban Movement Analysis.

Depth Movement – The Embodiment of Life

www.depthmovement.com