



Dates: November 13th – 17th, 2017 Intensive

Art as Meditation: Moving Into Action #

Instructor: Melissa Michaels, Ed.D.

Contact:

Course Description: Body Prayer in the mornings and Movement Intensive in the afternoons

Moving Into Action

Our daily immersion in movement and the somatic arts will provide every body with tools to explore and expand their capacities to be grounded, authentic, and inspired in their creative ways of living and leading. Our focus will move from the body as doorway self & soul, to the body as axis mundi to Spirit & ultimately one's service in the world.

Learning Goals

Embodied Competencies

- ● Learn to listen to the body and decode its messages.
- ● Cultivate a living movement practice.
- ● Explore diverse tools for somatic resourcing.
- ● Understand how to somatically transform trauma and expand resiliency.
- ● Discover new ranges of emotional expression through the body.
- ● Access ever expanding personal body-centered creativity.
- ● Explore collaborative creative capacities.
- ● Invite the Spirit to move through us ever more clearly and consistently.
- ● Attune more deeply to the creative force moving through all of life.
- ● Apply expressive and integrative arts to one's service in the world.

Daily Schedule

Week's Score

- Day 1: *Ground of Being*: Creating a Field of Safety for opening the body. Introduce basic embodiment principles and practices. Explore how the body is both a doorway to the transcendent and to the personal. Establish a collective language and set of resources for working with expansion and contraction along the body/mind continuum, opening into flow. (Via Positiva)
- Day 2: *Truth in Motion*: Deepen into the practices, oscillating the focus from self to relationship with the other. Introduce the power of voice for expanding expression through the body. Explore the landscape of the heart as it moves through the body. Play with internal and interpersonal energy in motion, boundaries and connection. (Via Positiva and Negativa)
- Day 3: *Liberation of Creativity*: Explore the union of the circle and the line, being and doing through the body. Build on the previous days by inviting students to deepen their movement practice and express what is unearthing within them through diverse modalities, including writing and moving theatre. (Via Negative and Via Creativa)
- Day 4: *Creativity into Action*: Begin to integrate previous days' excavations through these moving exercises. Focus on the dance of self, other, and community. Collaboratively create moving theatre pieces that share the story of the journey we have been on during the week. (Via Creativa and Via Transformativa)
- Day 5: *Moving into Action*: Ground personal and collective movement practices. Identify new pathways for expression that have been accessed, growing edges to be tended, and the power of movement for liberation within and in diverse communities around the world. Honor the gift of the body as a doorway to one's greatest wounds and one's most gifted self. Create a personal movement plan of action. (Via Transformativa)

Recommended Readings

I will bring some handouts. Some relevant literature includes:

- Halprin, A. (2000). *Dance as a healing art: Returning to health with movement and imagery*. Mendocino, CA: LifeRhythm Books.
- Levine, P. (2010). *In an unspoken voice: How the body releases trauma and restores goodness*. Berkeley, CA: North Atlantic Books.
- Michaels, M. (2017). *Youth on fire: Birthing a generation of embodied global leaders*. Boulder, CO: Golden Bridge.



- Ratey, J. J., & Hagerman, E. (2008). *Spark: The revolutionary new science of exercise and the brain*. New York: Little, Brown.
- Roth, G. (1989). *Maps to ecstasy: Teachings of an urban shaman*. San Rafael: New World Library.

Items to bring to class

Layered clothing to move in with ease. Water.