



PARTNERS FOR YOUTH
EMPOWERMENT



MOVING INTO PRESENCE

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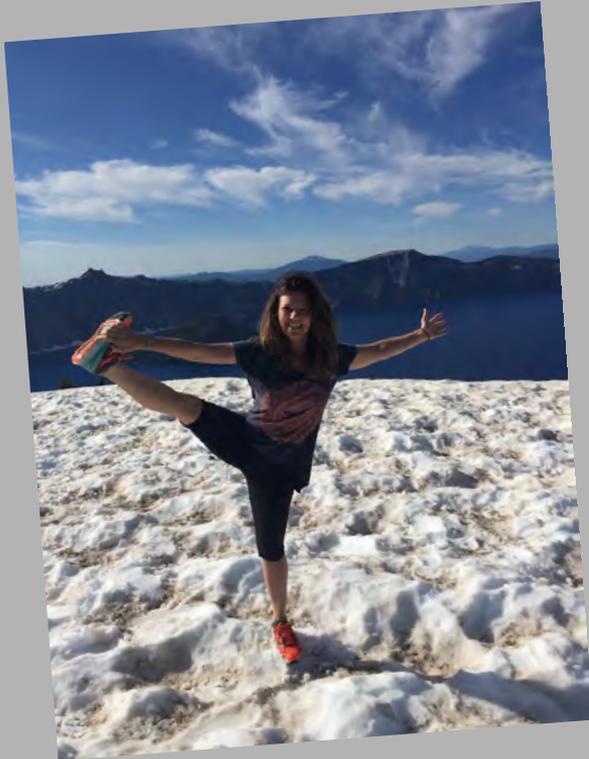


Invocation

“Let there be an opening into the quiet that lies beneath the chaos, where you find the peace you did not think possible, and see what shimmers within the storm.” John O’Donohue



This is Me



Not always have I felt like I look in the picture here. There was a particular time in my life where I felt very contracted and stuck. I wasn't really sure how to shift it. And this is when I came across conscious movement dance, and other somatic practices. I found then that my head didn't always have to run the show. That there was so much value in turning my attention to my body. Almost like practicing deep listening - with myself. I found movement led me live with more clarity, better boundaries, and more empathy. But most of all it allowed me to feel more, without overwhelm. And this is why sharing this practice excites me so much!





Goals

- Explore a variety of movement practices that increase your sense of wellbeing
- Learn simple techniques to use movement with groups and in your personal lives
- Connect with new people
- Have fun



Community Agreements

- Be willing to try new things
- Stay present and real
- Cultivate an attitude of openness and no judgement
- Embrace the newness



GROUND

In the first session we explored trauma-informed techniques to help settle and ground.

- Orienting to external space
- Notice your inner environment
- Notice sensation or lack of sensation in the body
- Notice breath
- Notice any natural impulses to place hand somewhere in the body
- Notice weight on chair/ground
- Grounding visualisation/imagery
- Squeeze arms, feel containment in the body, by touching it

Tip: this is very useful if you work with communities suffering with trauma. I use it with groups of refugees in Rio and with addiction recovery groups.





SPACE

We used a simple yoga-inspired sequence to explore finding more space in our joints, internal space using diaphragmatic breath, spacial awareness, playing with imagery and metaphor to facilitate this exploration.



FREEDOM

The last activity was inspired by the 5Rhythms and Open floor movement practices and included a body-part warm up. I find this to be great entry way for people who are new to movement. Explore each joint, and how they move in space. From here people can move into exploring more qualities of movement.



Tips for using movement with groups

- Engage participants in a physical activity together at the start of your session
- Take movement breaks regularly throughout your session
- Make movement activities accessible for all bodies and comfort levels
- Use the imagination to help participants access movement



Tips for using movement online

- Have music ready and test technology for sharing sound through your computer
- Make sure people can hear you over the music if you need to give instructions while music is playing
- Consider having wireless headphones to facilitate moving around the screen
- Think of how much physical space you need for the activities planned and let participants know ahead of time



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THANK YOU

www.partnersforyouth.org