

# GROUP OFFERING

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## Authentic Movement--Monthly Group

**Purpose:** To practice being with & following the impulses of movement, stillness, and sound, as they arise in the body, and to share our individual and collective experiences to this serious work & play within a circle of safety & respect.

**Needed:** Curiosity and trust in the process

### **Study of Authentic Movement can help us to:**

- Release and relieve stress
- Build an integrated sense of self and nurture wholeness
- Untangle old beliefs
- Recognize the wisdom of the body
- Heighten awareness to our inner & outer landscapes
- Deepen connection with spirit
- Increase intuition
- Help tap creative ideas
- Cultivate authenticity, truth
- We come to this work with interests in such areas as self-care, health-care, creativity, dream-work, education, meditation, body/mind/spirit integration....

**Number of participants:** Limited to **4**

**Time Period:** A commitment is required for a consecutive 4-month period in order to build safety and trust with one another and consistency for the group as a whole.

**Place:** Roots & Wings Movement Studios located at 317 North Main Street in Natick.

**Dates:** The dates and times for each monthly meeting are decided upon by the movement studio schedule and our individual schedules. Day times, weekends, and some evenings are possible. All dates, including a back-up date for emergencies & inclement weather, are set a month in advance.

**Fee:** \$50.00 per person, per 2-hour session.