

GROUP OFFERING

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Authentic Movement & Creative Forming



Purpose: To bring the creative spirit into consciousness, to practice being with & following the impulses of movement, stillness, & sound as they arise in the body, to free creative blocks & cultivate creative vision, and to share individual & collective experiences with this serious work & play, all within a circle of safety & respect.

Warm ups with music, movement sessions with & without sound, and creative forming with simple objects provide a safe environment for self expression.

Needed: Curiosity & trust in the process

Number of participants: Limited to 5

Time Period: 8 Sessions; 1 ½ hours each. A commitment is required in order to build safety and trust with one another and consistency for the group as a whole.

Dates: The dates and times for each 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.

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

Tuition for 8 Sessions: \$360.00