

Moving Mystories*

*Somatic movement workshop
An embodied enquiry into the creative self*

Facilitated by
Gemma Higginbotham
(MA, HND, RSME, RSMT)

A full day experiential workshop exploring the body as portal to our personal and collective imagery.

*Come to move and to be moved
Come to enliven and nourish your creative Being
Come to connect*



This workshop is for those with some experience of creative somatic practices as well as movers and dancers used to working with improvisation as a creative tool. An already established artistic practice is not necessary although a desire to engage creatively is important. The workshop facilitates towards conscious engagement with sensorial experience within the holding of guided embodied explorations, movement scores and art making.

You can expect to:

- Work/move in close proximity with others
- Receive/offer physical touch.
- Engage in self-expressive movement
- Draw/paint/write/make...
- Exchange and reflect on practice.

Sunday 7th August 2022 - 10am-5pm
Borwick and Priest Hutton Memorial Hall, Carnforth, Cumbria, LA6 1JP.
£45.00 pp

Please [contact](#) Gemma Higginbotham to book your place (avoiding booking fees from external platforms). Limited number of places available.

1 free place + 2 places @ £30pp available for those struggling financially.

Please visit my website for more information about me and my *somatic movement enquiry* practice.

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*Conscious spelling.