

Moving Mysteries

Somatic movement workshop

An embodied enquiry into the creative self

Sunday 26th November, 10am-5pm at The Peoples Hall, Sedbergh.
Facilitated by dance artist and somatic practitioner, Gemma Higginbotham (MA, RSME/T)



This full day experiential workshop offers an opportunity to explore the body as portal to a deeper knowing of ourselves. Time and space to sense in closer, to feel what is stirring in the depths of our being, to listen to the voices that are calling, the stories and images beckoning within the resources of the body...

Come to move and to be moved
Come to enliven and nourish your creative being
Come to connect with yourself and others

This workshop is for those with some experience of movement practices.
An already established artistic practice is not necessary although a desire to engage with and through the body creatively is important.

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



Gemma Higginbotham (MA, RSME/T) is a dance artist and registered somatic movement practitioner. She has been working with the poetics of the body for thirty years. She performs internationally and facilitates in professional, community and health care settings. She has her own somatic movement practice near Kendal, Cumbria where she offers one-to-one client sessions in somatic enquiry.

To book, please write to Gemma: enquire@gemmahigginbotham.co.uk Please see Gemma's website for further information: www.gemmahigginbotham.co.uk