

Jan/Feb 2024: Classes at The Brewery Arts, Kendal

I will be teaching at The Brewery Arts, Kendal again as part of their Get Moving class series. Information and bookings here:

<https://www.breweryarts.co.uk/event/get-moving-3/>

Gemma Higginbotham is a dance artist and registered somatic movement educator and therapist with 30 years' experience working with the poetics of the body. Gemma teaches both nationally and internationally and offers one-one client sessions in somatic movement education and therapy for children and adults from her studio in Cumbria.

Gemma trained at Northern School of Contemporary Dance (NSCD) and then at the renowned Brussels-based dance school, PARTS. Gemma holds an MA (with distinction) in *Dance and Somatics for Wellness: Connections to the Living Body* and has specific interest in somatic, relational practices which support the emergence of embodied imagination.

Gemma's classes: Gemma's classes are grounded in her experience in improvisational and somatic practices. Using guided movement exploration, they aim to facilitate towards a sense of pleasure in movement and playful engagement with our own dancing bodies as well as with others, developing a sense of flow and resilience in our dancing as well as our daily lives.