

Erasmus+ Training Course

# Body Wisdom

BOOKLET

Self regulation and collectivity through  
Body Mind Centering® and Contact Improvisation



**coorpos**

Tuscany, Italy // June 2024



Funded by  
the European Union

A photograph of a forest stream with a stone stack in the foreground and people in the background. The stone stack consists of three dark, rounded stones balanced on top of each other. The background shows a lush green forest with a stream flowing through it. Several people are visible in the background, some sitting on rocks and others standing, suggesting a group activity or workshop in nature.

The current BOOKLET is the outcome of \*BODY WISDOM\* Training Course designed in the frame of Erasmus+ KA1 Learning Mobility activities. The project has been organized by COORPOS in collaboration with 3 other European Organizations active in the field of Dance and Somatics in Non-Formal Education: SPAZIO IL MULINO, from Italy; LARRET en Mouvements, from France; Drusto MOAVE, from Slovenia;

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# 1. Introduction



# INTRODUCTION: How and why this booklet?

Body Wisdom has been created out of the need to introduce and foster some of the principles of Somatic Education into Youth Work and Non-Formal Education. The specific focus of the training has been on exploring the benefits of Contact Improvisation and Body-Mind Centering ® for self-regulation and collective well-being.

This archive recollects some of the main outcomes of the learning process, as captured by participants' own documentation and by their reports on the dissemination activities that were facilitated in the local contexts in response to the project's experience. It wishes to serve as a channel to disseminate useful insights, reflections and orientations to youth workers and organizations interested in similar topics. To support and inspire future projects that investigate and train on Contact Improvisation and Somatics as tools for personal and development and social transformation.

The BOOKLET consists of three main parts of the projects' learning outcomes:

- A. Documentation of Reflections during the Activity.
- B. Participants' Documentation of the Learning Process;
- C. Reports on the Follow-Up Activities .

These parts are complemented by a brief description on the project and the used methodology, accompanied by photos taken during our experience.

We dedicate this archive to all participants, partners, and facilitators that made BODY WISDOM's journey possible.



Funded by  
the European Union

A group of people is lying on a wooden deck in a forest. The deck is made of dark wooden planks. The people are wearing various colored clothing, including blue, red, and purple. The background is filled with green trees and foliage. The text "2. The project" is written in a white, cursive font across the center of the image.

## 2. The project

# THE PROJECT: a bit of Background

Body Wisdom has been a Training Course that took place in Tuscany, Italy, from 24th to 30th June 2024, in the space and valley of "Il Mulino". In the activity participated 12 youth workers from Spain, Italy, France, and Slovenia.

The main objective of the project has been to facilitate a learning where participants would experiment and collectively learn about the body's own wisdom as a principle source for personal and collective well-being. The Training Course used Contact Improvisation and Body-Mind Centering® as the main methodologies for sensing, exploring, and activating the wisdom of the body.

During the activity participants were asked to document on their learning experience; to each day harvest some of the worked material and the body sensations, observations or shared reflections that occurred during the explorations. After the activity, they were asked to facilitate dissemination activities in their local contexts in order to practice and apply some of the learning outcomes, and to conduct brief reports on their outcome.

Beside the 12 granted by Erasmus+ participants, the project also offered 8 more semi-funded spots. We feel the need to recognize all participants' contribution to the process; and warmly thank the whole group for having the focus and colors they did.

### 3. The Practice





# THE PRACTICE: How and what did we work on?

Project's learning outcomes were focused on the topics of regulation, presence, availability, body-mind integration, trust, authenticity, and corporality of collaboration.

We used BMC® and Contact Improvisation as frames for sensing, practicing, questioning around these competences and we held diary group circles to reflect on the emergence experience. In line with Non-Formal Education (NFE) principles, the learning process was facilitated through an approach that prioritizes and supports self-oriented, embodied and investigation-based learning. Facilitators tried to shape a framework for sensing-based knowledge, that would edge perception, embrace intuition, enhance presence.

We aimed to foster exploration as a process of easiness, comfort, release, and to support movement exercises with breathing, and imagery techniques, silence, in order to enhance the awareness of "what is going on" during the exploration and improvisation. A basic aim has been to experience how the body has the answers, and the questions; how knowledge lies in a process of recuperation; and how body's knowledge can be a principle, infinite source for well-being and growth.

We tried to build a supportive environment where every participant would find their own direction of attention, while as group manage to build a common experience, tune-in, share the knowledge and sense unity.

Body Wisdom has been a learning experience in the framework of Erasmus+ Program. It did not pretend to be an official neither certified course on any on the two principle practices.



## Body-Mind Centering®

Body-Mind Centering® (BMC®) is an integrated approach to movement, the body and consciousness, developed by Bonnie Brainbridge Cohen. In BMC® participants get to practice an experiential study on the embodiment process, the application of anatomical, physiological, psycho-physical principles for developmental repatterning and the utilization of a body-based language to inhabit movement, expression and body-mind relationships. The material gets explored in a climate of openness, curiosity and self-discovery in which each person is simultaneously student and study material. The main objective is to open the self to innate wisdom, enjoying and discovering the ease and comfort underlying transformation processes.

*<https://www.bodymindcentering.com/about/>*

Central to the work of BMC is the process of awakening awareness at the cellular level to contact the innate intelligence of the body (Hartley, 1995), and the states of innate change and systems interconnectedness. Awareness awakening is done by allowing one's attention to focus there, through breath, imagery and touch.

The BMC® Sessions were facilitated by Alba Raventòs, a certified BMC® trainer

During the activity, participants got to experience movement and improvisation as a practice with the potential to connect and integrate, to explore the different “minds” of the systems of the body, the variances of the states of consciousness and body tone, the levels of touch and connection, and therefore witness the body’s inner multidimensional wisdom. We explore attention and perception in movement, which helped us sharpen our awareness, sensitivity and understanding towards our inner nature; to get to respect our body and life and allow it to be, appreciating its own intelligence and consciousness.

*BMC® is an ongoing experiential journey into the alive and changing territory of the body. The explorer is the mind -our thoughts, feelings, energy, soul, and spirit. Through this journey, we are led to an understanding of how the mind is expressed through the body in movement.*

*Bonnie Bainbridge Cohen, 1993.*

Some of the key aspects that underscored our particular explorations have been acceptance, awareness, presence, allowing, releasing and energizing.

Facing the depths of our personal nature and observe the inner patterns, can be challenging, but cultivating a deeper awareness of the intricate connection between our physical, emotional, mental, and spiritual selves offers a journey of meaningful insights into into life, human behavior, society, and consciousness, and a sense of wholeness that sparkles vitality. Although the practice of presence, balance, integration, wholeness is not always easy, it becomes one of the most enriching experiences. Sensing the interdependence of apparent opposites.



Through BMC one can get to sense learning as an ongoing process, calling for continuous harmony between body and mind. Anchored in the present moment, one can perceive time and space differently while also explore the more abstract dimensions of our thoughts, expectations, memories, and visions of the future. The internal relationships of the body systems and functions also offer a beautiful model in microcosm of the relationships between the individuals of a group.

*A healthy social or political relationship, following the cellular model, requires genuine respect for the needs and rights of each individual and every group and appreciation of their unique talents and contributions to their society and the planetary population as a whole.*

*Linda Hartley, 1995*

Somatic practices can make us understand that both our self-awareness and our perception of the universe are constantly evolving, much like life itself, in a state of perpetual movement and change. A continuous changeless change as the true state of our bodies internal environment. Our bodies as simple reflections in miniature of the natural laws that regulate the flow of the cosmic universe of which they are part.

*I imagine my whole body at once has the potential to dialogue with all there is.*

*What if where I am is what I need? Wherever I am is what I need. Everywhere I am is what I need.*

*What if my whole body at once has the potential to perceive Here, spatially, including everything I see and everything I can't see, now, and now, and now? What if Now is my past, present, and future here, here, and here? What if now is here is harmony?*

*Deborah Hay, 2000*





## Contact Improvisation

Contact improvisation is a dance form and system of movement centered around physical interaction and communication between bodies in contact, involving weight sharing and responsive movement as an exploration of the combined relationship to physical laws that govern motion: gravity, momentum, inertia.

Through CI one experiences the physicality of states of collaboration, listening, presence, experiences that can help youth workers enhancing cooperation, inclusivity, solidarity. The practice highlights physical dialogues where presence, reflections, self-regulation, ensemble's intelligence and improvisation as research of the possibilities of the body can be addressed and developed. It is the main practice that COORPOS apply and investigate as a non-formal education method for personal and collective growth.

*The body, in order to open to these sensations, learns to release excess muscular tension and abandon a certain quality of willfulness to experience the natural flow of movement.*

*Contact Quarterly, Vol. 5:1, Fall 1979*

Contact Improvisation sessions were facilitated by a team composed by Antü Munay, Daniel Abril, Margherita Fort and the help of Anastasia Zygogianni who mainly served the overall holding of the group process.

In Body Wisdom we used the CI sessions as spaces to explore, practice and observe the principles of relatedness, collaboration, interconnectedness, listening and active learning, as physical and mutual states. As a platform of personal and group improvisation that can help perceive, awake awareness, and translate high theory or ethical concepts into accessible, physical, natural body language and communication's principles. As a practise for "bringing the body to consciousness".

*CI is a physical metaphor for trust, risk-taking, unpredictability, spontaneity, collaboration, cooperation, and an array of emotional relationships... It's a living form. Can we develop new languages? New forms? What's sharing? What's collaboration? What's practice? The CI model is an ongoing inspiration for these questions... I am dealing with risk, fear, and choice making, and then standing by my choice, committing to being present in undefined situations, asking bold questions and pushing the form.*

*Meg Stuart, 2008, CQ Vol 33. No. 2*



A group of women are gathered around a large sheet of paper on the floor, which is covered with numerous colorful sticky notes. Two women in the foreground are sitting cross-legged, looking down at the notes with thoughtful expressions. One woman on the left has her hand to her face, appearing to be in deep reflection. The background shows other people standing and observing the activity. The scene is outdoors, with greenery visible in the background.

# 4. Reflections

REFLECTIONS:

# Milestones of reflection

In this section we share a list of some of the reflections that were harvested during the experience. It is about phrases, affirmations or enquiries, that were named by the participants in the spaces of reflection after the practice, or by the facilitators during the exploration of the participants, and documented by the coordinators of the project. They serve as milestones of our experience, seeds for further inspiration...





*“Let the outside be in, is different than looking for something”*

*“Use dance to shake out: Liberate of what does not allow me to be”.*

*“It is not about how it looks its about how it feels”*

*“Let the discomfort be sensed”  
“I felt started new”*

*“Sense when the body speaks to the mind”*

*“Human techniques are nature’s techniques”*

*“Experiencing dancing as releasing the unnecessary*

*“If I am in the mind I feel separated”*

*“How much info do I need to have my experience?”*

*“Embodiment comes when repatterning appears.  
I do not control this”*

*“Giving space is necessary in order to have the experience”*

*“Where we have the attention we have the energy”*

*“Can we synchronize without an outside program?”*

*“Sense the time as space”*

*“Releasing is different than collapsing”*

*“Take out what is around the heart; find there the support”*

*“Healthy body as a body that can flow”*

*“Knowledge is recuperation”*

*“It feels that we are connected because we are in the body, like a deep unconsciousness that is common”*

*“Sense the time as space”*

*“The mother of the information is in the fluids.  
We live in an aquatic inner environment”*

*“Where the energy can not go, movement does not go. What does not moves, stays stanced”*

*“There is a wisdom in the combination of tensions, there is a wisdom in Fascia”*

*“How much tension do I need?”*

*“We are in constant dialogs of tones”*

*“Connecting without words go very deep”*

*“Learn from my responses to emergency”*

*“Trust myself , trust my body to also trust others”*

*“Be in the active state of investigation in the present”*

*“Don’t get into the automatic. Be here. Now”*

*“There is not just one consciousness where to be”*

*“It is not what. It is how”*

*“The deep playfulness is a gift”*

*“Sharing feels part of power”*

*“There are emotions with no names”*





*“Sometimes I don’t get what is happening. My mind can not understand, does not recognize anything as familiar”*

*“Notice the inner cooperations that make me grow with easiness”*

*“Is it possible to be authentic no matter the environment I am in? What is authenticity?”*

*“I have the feeling that when I am authentic I am selfish”*

*“It was painful to comprehend it with the mind”*

*“Is the mind ecological?”*

*“How can we integrate the quality of the experienced emdodiment in every day and professional life?*

*The world’s direction seems different. Is the world going to an embodiment direction? how can I take my individual process beyond myself?”*

*“To be centered seems important. How to be inclusive with people that are not centered? Or what is to be centered? Is waiting for perfectionism?”*

*“Perceive the hierarchies that shape the collective space”*

*“Embodiment goes against the objectification of the body”*

*“Rejecting the mind is not the way. Is a tension too. A state is not just a body state. How can I do this bridge?”*

*“Body education instead of mind education. There is a spiral meeting. From the body you can learn a lot about I, you, others, universe”*

*“Sense The body-emotion-mind in a democratic structuring and relation”*

5. Participants' documentation

The image shows a wooden plank floor with several pieces of torn, colorful paper scattered across it. The paper has various colors including purple, pink, blue, and green. In the background, the feet of people sitting on the floor are visible. The text '5. Participants' documentation' is overlaid in white cursive script across the middle of the image.

# ~ Body Wisdom ~ Day 1 ~

Alice Equilano

## Opening circle

Name, intention for the week & body wise

\* Knocking to new doors inside of me

## Gather by similar hands

Support group / sharing group

\* Embodiment is a never ending process

\* Familiarity

## BMC SESSION

All the possibilities are already there as a potentiality

### Walk in the space

- Walk freely
- Choose a direction & accelerate
- Go closer to somebody, reduce speed and go again

\* SIMPLICITY!

It is not about adding technical move but about removing layers

Resting. "All your cells feel the gravity"

Lying down / shaking the body:

↑ Uncomfortable emotions are part of embodiment ↓

~ FULFILNESS ~

~ The body speaks to the mind ~

"Space, Space"

- Move your feet in & out
- Connect fingers from both hands on the chest and move from right to left

Life is all about body thing

"Soften"

- Flex the legs & swing the legs
- Find little by little the support of hands and feet on the ground
- Stand up,

SAFE SPACE.

Balance between  
BODY

EMOTIONS

MIND

Shaking (3 min) "Not draining, but charging"

Resting (2 min)

Dancing (7 min) "It's not what you do but how you do it"

Sharing circle "Feeling the trace of my movement"

## Next practice:

- Lying down
  - Feel the body with different layers:  
air, water and sand
  - Roll and feel the sand
  - Roll and feel the air
  - Roll and feel both:  
up, air (inhale)  
down, sand (exhale)
- = Move from the organs, not from the surface
- 4 min observe / 4 min dancing

## NOTES

Cellular awareness & bones



Visualization/Somatization does not mean you embodied it. IT IS.

Where we have the attention, is where we put the energy

**BREAK THE HABITS**

**ATTENTION!**  
**REBELLION!**

## QUESTION'S

- Trendiness of the term "embodiment": how do we use this term?
- From where the body knowledge comes from?
- From where (my) energy comes from?
- Body-Emotion-Mind: how do they relate each other?
- Embodiment - Incarnation?
-

# CONTACT IMPROVISATION ~ Day 1 ~

Alice  
Euihano

## Warming up

- Explore the balance with the feet  
(small dance) / moving the arms / stretching the arms, feet following!

## Hips exploration & Pelvis dance

- Moving / Painting with our pelvis
- Choose a person and dance with their pelvis on a different level
- 2 persons choose each other and dance with their pelvis " "
- 1 of the 2 puts hands on the hips of the other and follow the movement  
**YOU ARE JUST ONE PELVIS!**
- Dance without touching pelvis and then touching pelvis

## DANCE! CONTACT IMPRO!

## Sharing circle

Trees are dancing rooted in the Earth! (Sara ♡)

## Speed dating

- Half of the group is sitting, thinking about a question.  
The others approach them and have to answer the question.
- By group of 4, think of a main question

## Sharing circle

We shared our questions:

- What is being centered in an interdependent world?
- How to integrate the quality of embodiment in our daily relationships? How to break the patterns in our daily life?
- How to extend / transmit our practices / research beyond ourselves?
- How to change the group / social dynamic with playfulness?
- How to make revolution? Our world be full of dance, fun, courage, play, unfear! Would you join us? ?

DAY 2.

Sonie & Lindle

## Body mind Centering

We started the morning session divided in two groups, moving to the sound of metronome which was accelerating. Observing the mechanical movements the artificial "clicking" was evoking. Then we discussed Cartesian idea of time vs. the organic nature of our bodies. What does the programmed, stiffly divided time doing to our systems? We are directed according to the same principles founding the economic system ("Time is money"), not our own internal rhythms.

And so today, we worked with the first organ. The heart. ♥

### VISUALISATION.

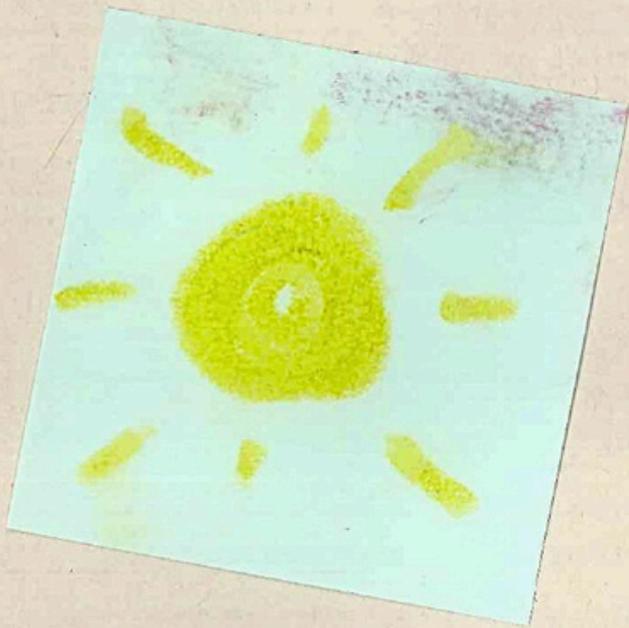
- ♥ Heart is a muscle which is rolled - & it can actually unroll in a flat shape.
- ♥ Blood moves in a spiral movement, resembling our DNA.
- ♥ When a baby is born, it first builds organic tone which later supports the muscle-skeletal tone. It reflects in the later years too - when our organs' internal tone is good, it projects on our external wellbeing and expressions; if it's not, we become stiff.
- ♥ Heart is attached to our spine! From T4 to C4.
- ♥ Takotsubo-syndrome of a broken heart.

### SOMATIZATION.

Exercise - focusing our attention of our heart - feeling it. Then breathing in and out from it, adding sound, so that it vibrates and can relax. Changing positions (laying down) to access different sides of it. Going with. ~~not~~ Feeling your own heartbeat. Listening to it with a stethoscope.

### EMBOIMENT.

We did a practice in pairs. Sitting closely with our centers, one person was embracing the heart of the other with their hands - holding one hand on the back and the other on the ~~the~~ sternum. Very slowly, we were feeling into the heart. Then, the embraced person did the "hissing" breath, to connect easier with their own heart. With the support and attention of the other person (which also needed to be feeling well and firm) they could slowly start moving from the heart - bending and circling around. Then the holding person gently left the partner for their own experience. We were feeling into and moving from the heart for a long moment of eternal time.



Reflection: Bringing the visualization → romanization → embodiment to our practices outside the training. The visualization helps to calm the mind and release the limits to embodiment.

The visualization of the heart and movements around it - revolutionary! It can foster strength in everything we are doing in life. We always have this immense strength and inner support flowing in us.

### Contact improvisation

1) Bodywork practice. We walked around a space and met a partner for exchanging bodywork - touch, massage, listening to the other body through touch.

Half an hour / person = enough to make us soft ♥  
↓  
couple sharing

2) Exercise - we started on all fours, feeling our connection from spine to the crown, our pelvis, to core to neck - nape, slowly finding other bodies to touch and transition into jamming with a partner.

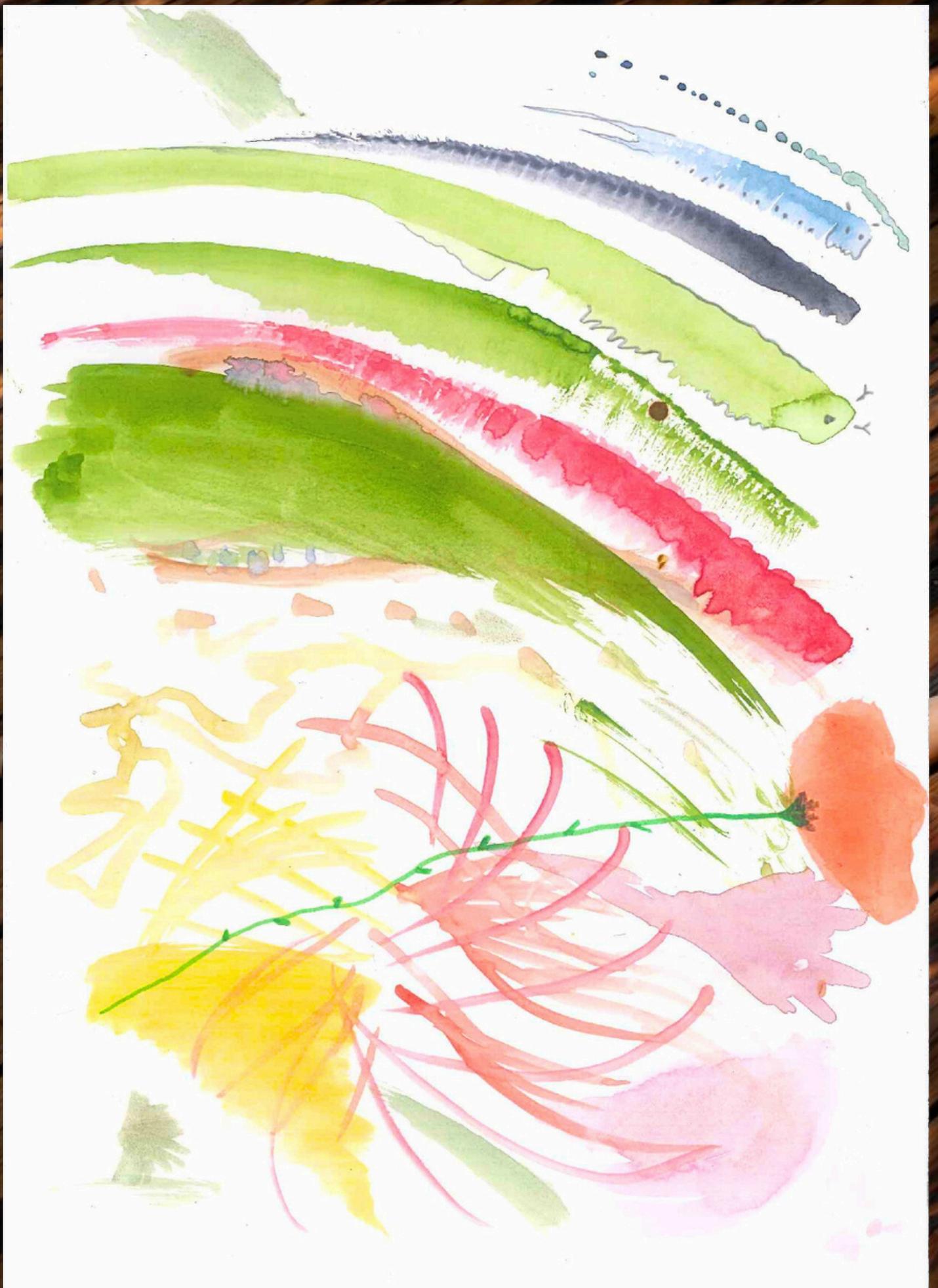


#### "HOW DID YOU EXPERIENCE THE JAM?"

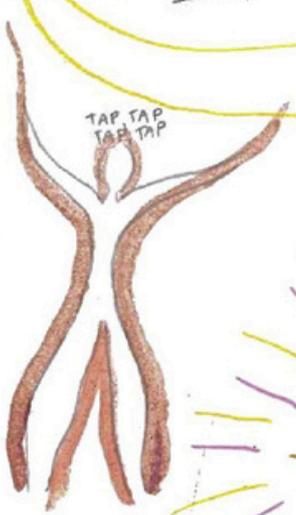
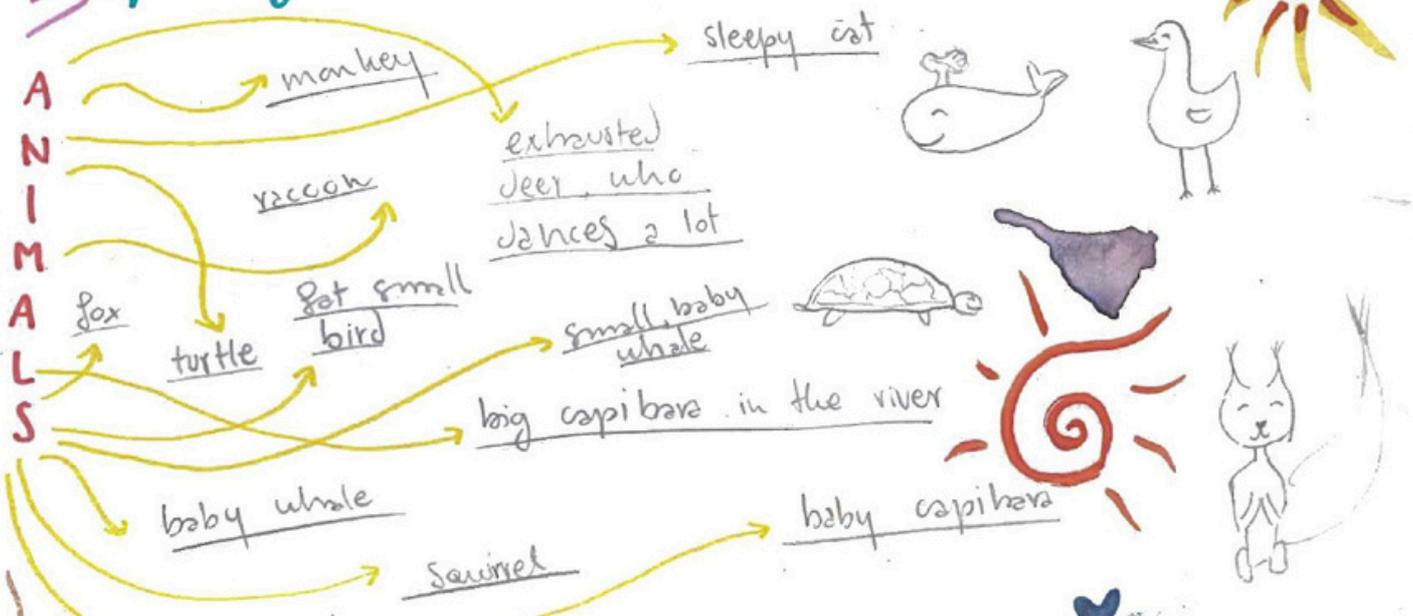
- DIFFERENT LEVELS
- CONFUSION OF WHAT I DO WITH MY LEVEL AND THE ONE OF THE GROUP
- NEED TO BRING MORE TECHNIQUE
- "PRAY FOR BAD DANCING"
- DISCUSSION ABOUT TECHNIQUE ABOUT C1

#### PROPOSAL

- ▷ AWARENESS OF A GROUP
- ▷ IS THIS NORMAL? YES!  
↓  
IMPORTANCE OF STOPPING AND OBSERVING.
- ▷ INVITATION TO BE YOURSELF
- ▷ ADVANCED DANCERS CAN ENJOY / LEARN FROM BEGINNERS
- ▷ LET'S LEARN SOME "ATTITUDES"



# opening circle



## DAY 3

### morning session

### basal body stimulation

in pairs, we activated the anti-gravity energy. Slow in each other, through touch from the feet to the head

### shaking

after the exercise in pairs, we proceeded to wake up the body by 2 minutes of shaking with music.

### waking up routine vs. monkey

western, modern way of reworking the movements of the body  
 BIDIRECTIONAL, STAGNANT, MUSCULO-SKELETICAL

embodying monkey-like movements  
 THE RANGE OF THE FULL POTENTIAL OF THE BODY IS FULFILLED, ~~NOT~~ MULTIDIRECTIONAL

We were split into 2 groups, one was actively simulating the scene, the others were observing. The first scene was acting out how we moved this morning on our way from bed to the breakfast. In the second scene we acted and moved like ~~some~~ monkeys do.

## Learning about the Fascia

"the fascia holds our water"



ORANGE  
little pods of water



"the cells and tissues surrounding it need to flow"

fluid collagen & elastin

"the fluid is the messenger"



THROUGH OUR MOVEMENTS WE ARE GIVING INFO TO OUR FASCIA

"if you don't use it, you lose it"

KEEP THE MULTIDIMENSIONAL MOVEMENT ALIVE!

CARLA STECCO!

FASCIAL MANIPULATION METHODOLOGY



texture  
check in

# DAY 4

sensing  
feeling  
acting

Consistent

INTEGRATION

increase the  
edge  
of life

Took to connect  
per. feral body light

squeeze  
shock

CONTINUUM  
CONTINUUM  
Elasticity

OPEN

NERVO

PAUSE

OPEN

BRIDGING

INNER

STATES

Integration

BOOM

E-MOTION

TALK  
From

the flesh

UNDERSCORE

see more on google ♡



"repetitive stagnant movements limit the availability of all movement"

ARE WE LIVING IN A CAGE?



WESTERN WORLD & SOCIAL CONDITIONING

LIMIT, REDUCE, TENSE

"how closed are the different parts of my body, through which my body wisdom comes?"

"monkeys in cages & zoos are exhibiting the same musculo-skeletal problems as humans"

## STAGNANT MOVEMENT

WESTERNISED, RIGID ROUTINE MOVEMENT

## MULTI DIMENSIONAL MOVEMENT

ORGANIC, MONKEY, FULL RANGE OF MOVEMENT,

FASCIA!

"the design of our structure is made to be moved in multi dimensional, not bidirectional way"

FASCIA!

FASCIA!

ORGANS + MUSCLES + FASCIAL TISSUE

"the best way of training the body is not through the muscles, but through the whole body."

FASCIA!



# fascia!

FASCIA!



How would you use the things you learned from this experience as tools in your life with the people you work with?

- to open sensitivity
- to explore freedom
- to process difficult stuff
- to prevent backpain & physical pain
- to encourage A DIFFERENT UNDERSTANDING OF LIFE THROUGH THE FLESH
- Somatics can improve the way parents/teacher relate w/ children
- It allows presence and emotional connection
- work with the subtle, go beyond the tangible.
- help us to understand the person ~~with~~ work with, without verbal communication
- Promote curious of the body and the self (little)
- to help socializing process
- to support collective actions
- to grow interpersonal connections
- to wake up emotions through movement
- to self-regulate and drain tension that generates in a stressful working environment
- It helps to emphasize w/ people and their processes different + alternative
- to have tools to work with
- Potentiate/amplify the use of imagination, creativity and playfulness
- TO GROW
- AWARENESS • IN TERMS OF BODY'S BOUNDARIES
- TO LET PEOPLE ABLE TO HAVE A GENTLE TOUCH WITH THEMSELVES and with OTHERS.

# HARVESTING REFLECTIONS

COMPILATION OF ANSWERS THE PARTICIPANTS SHARED REGARDING THE FOLLOWING QUESTIONS.

Based on your experience how Somatic and Dance can cover human needs?

- \* Somatics give the possibility of getting out of the mental and go the unconscious.
- \* It helps to let go things that are not so easy to touch, like the emotions.
- \* It's possible to experiment different corporal states, and also mental. finding other states in the body, energy.
- \* Somatics help to regenerate, nourish, feel, energize, stimulate oneself.
- \* It's a system to work with the body.
- \* World is designed to move, ~~is~~ we deactivate with movement we can experience the full range of motion of the human body.
- \* It helps us to self-regulate, ourselves and our emotions.
- \* I can activate my body through the elements I'm surrounded by.
- Exploration for sensations through the body
- acquiring a new different relationship with the body and with the FEELING of the body.
- Relate better with the environment
- To contact the inner self
- to understand more about the healing process
- By developing a capacity of deep listening and observing the other human beings

Day ① { Not draining, but charging  
It is not what you do but how you do it  
Feel the trace of your movement, feel it!  
Balance between body, emotions and mind  
Embodiment is a never ending process  
Where we have the attention is where we put the energy

Day ③ { The fluid is the messenger  
If you don't use it, you lose it  
Keep the multidimensional movement alive!

Shake it!  
Move it!  
Free it!  
Fascia, cells  
Muscles, bones  
Fears, judgements  
LET IT GO !!!

Day ② { Mechanical movements ~~of~~ on the metronome  
Organic ~~ness~~ nature of our bodies pressured by money





slow  
down

MOVEMENT  
CREATES  
SOFTNESS

feeling  
safe  
to be  
accepted

ALLOW TO FEEL  
to  
UNDERSTAND  
& ACT



and things  
will happen

MORE  
THAN  
HUMANS

UNDERScore  
ON  
DAILY  
LIFE

WE ONLY LEARN  
WITHIN  
MUTUAL  
LISTENING

SOMATO NAUIA

sharing  
after  
practice

TAKE ADVANTAGE  
of the  
MULTIPLE  
POSSIBILITIES  
that THE  
BODY OFFERS

VISUALISE  
SOMATIZE  
EMBODY

SELF  
REGULATION

CLEAR  
BOUNDARIES

Reset  
button

MOVIMENTO  
NATURA  
CURA

imagination  
visualisation  
as a gateway  
to the  
experience

Listen to your  
own Rhythms

WE LEARN  
EXPECT  
COLLECT  
A  
SUBJECT

importance  
of a  
focus  
& indiv

Your  
all  
A  
E

THAT  
THAT  
N



6. - Follow - Up  
Activities

## PARTICIPANTS' DOCUMENTATIONS: **Reports on the Follow-up Activities**

Once the dissemination activities were carried out, participants were asked to share a brief report about them, including commenting on the following: A possible title; Description of the context: target group, place, objectives; Description of the activity; Relation with the Training Course; Reflection and evaluation on its development and outcome.

Below we share their results.

The names of the participants are mentioned according to their personal preferences.



# Gea (Slovenia)

## **Location:**

The Workshop takes place at the "Methodenwerkstatt Partizipative Medienbildung als politische Bildung" ("Methods workshop Participatory media education as political education") - 2 days conference in Kirchdorf an der Krems (Austria). Date and Time of my workshop: 16.7.2024 16:00-17:30

Language: English / Participants: 13

## **Impressions/experience:**

Between 15. And 16. of July I joined Methodenwerkstatt Partizipative Medienbildung als politische Bildung ("Methods workshop - Participatory media education as political education") - 2 days conference in Kirchdorf an der Krems (Austria). We were 15 participants - all part of the community radios in Austria that came together to share with each other methods that we use, workshop types that are meaningful to us. The point of that method exchange seminar is to try out and learn from each other which has potential in future integration of the methods in our everyday working environment with groups and workshop participants.

After I facilitated the workshop "When Subtle Sound Speak," 13 participants joined me in an exploration of sound correlation between ourselves and nature. The workshop aimed to bring awareness to sounds often overlooked in our daily lives and encouraged us to listen to ourselves, each other, and the surrounding nature. During the workshop, I led the group on a journey into the forest to discover the sounds it offers. Participants engaged in playful activities to create sounds, such as hand stroking grass or rubbing backs against tree trunks. I provided recorders and microphones to capture these sounds, which can be in the future (as participants were mostly radio makers) used to create sound collages, songs, and radio plays by experimenting with cutting, repeating, and playing the recordings. We walked through the forest, we explored our senses, especially hearing - participants provided each other in pairs explorative journeys with eyes closed through sounds in the forest.



**Workshop description - invitation to participate:**

When Subtle Sound Speak

An exploring process of sound correlation between us and nature

*We are surrounded by sounds, created by nature and mankind. We create them as we move, talk, work - but do we always hear them? Which sound did we maybe overlook because of the pace of life we often live? How do the sounds of nature change when we appear?*

**The workshop:**

In this workshop we will give ourselves the permission to listen to ourselves, to each other and to the nature that surrounds us.

By opening up the space for exploration and playfulness we will search for correlations of our body and nature.

**The approach:**

I invite you for a journey into the forest and its sounds. What sounds can we produce by being playful? How does hand stroking the grass sound? The sound of a back rubbing against a tree trunk?

**What you get:**

You can bring your bring recorders and microphone. We will link our exploration with the radio. Recorders and microphones will help us capture our explorations. Cutting, repeating, playing forward, backwards can later be part of your experimentation. And the end products could be sound collages, songs, maybe radio plays and everything that creativity without limits brings in between.

**The Trainer:**

Gea Gračner, a passionate dancer through life with hiking shoe on one foot, grooving sounds of nature on another long coat with two rats on her shoulders, with one hand producing shows, another coordinating projects, one eye catching sun, another curious exploring World. Gea comes from the field of physical theater, expressive dance and body-mind exploration that lies in between. She finished three modules on Transformator Academy of Theater of the Oppressed and joined several international dance and theater training courses and retreats. She finished media and communication studies in Ljubljana, Slovenia, coordinates projects on Radio Helsinki in Graz.

# Alice Dardelet(France)

"Dance the Wilderness" workshop - 27th of July evening, facilitated by  
Alice Dardelet

## **Context:**

Target group : adults, around 30 years old, no experience in dancing before. They wanted to discover dance without specific rules (no classic dance for example). There is also a need to relax after hard work and calm the mind / feel more grounded.

Place : Mézeyrac, Présailles, France. Outside, on the grass, in the middle of very old volcanoes.

Objectives : Connect people to their body. Invite them to explore new movements and connection with others through movements.

## **Description of the activity:**

There are two parts in this workshop, one with more rhythmic music and more energetic movements, and one calmer, with quiet music and invitation to rest, feel, observe, and massage one self and a partner.

I invited first the participants to walk freely in the space, and take their space in the group, by choosing a direction and accelerate, and then go closer to somebody, reduce speed and go again. Then my goal was to let them explore movements with their body, movements from their arms, from their feet, from their pelvis. After a while I invited them to choose a partner and dance on different levels from their pelvis, and then on the same level. The activity continued with a moment exploring the support we can have or give with/to our partner (back against back, and then from other parts of the body). Then I let them time to dance together and explore, on the base of the exercises that they did before.

For the second part of the workshop, I invited the participants to lie down, and experience these different movements : foot in, circular movement from the ankle / feet in and out / flex the legs and swing the legs. And then in silence, observe and feel. Then I guided an auto massage of the neck, head and belly. People made groups of two and I finished the workshop guiding a massage of the back, arms, legs, neck and head.

**Relation with the Training Course:**

I was very inspired by what we experienced on the first day of the TC, as I was myself a beginner and that our practices helped me a lot to move without judgement. I adapted it considering that people of the target group were arriving from very different situations of life and were a bit wary about what contact impro could be (like, "is it a sect ?!" Funny to say it now but that was really this kind of worries that they had. They were also afraid of not being able to dance properly). So my focus was more about opening a space where they can move to connect to their body without pushing too much this aspect of dancing with a lot of contact straight away. Going step by step.

**Reflection and evaluation on its development and outcome:**

Maybe I could have reduced the number of experiences but give more time to people to experience them. They were all happy to have experienced this. It was obviously easier for some people than for other ones, but each of them lived the different exercises deeply and played the game with a lot of commitment even when it was new and not always very comfortable. I set up at the beginning that each of them is free to leave the process if it is needed. At the end people thank me several times and told me that they were reassured about what contact impro could be ! They said they felt good and spent a very good time, different from what they were used to live in their daily life and that was interesting, refreshing and also relaxing. I am really grateful for this moment and happy to have done it, that was a challenge for me to offer a workshop about a practice that I discovered very recently. Thank you to the trainers of Body Wisdom Training Course to have offered me this opportunity to nourish myself and others and to grow !

# Vida Bajo Fernández(Spain)

## **Dissemination and reporting activity**

**Title:** Bringing movement closer to all bodies.

## **Description of the context: target group, place, objectives/intentions:**

MY intention at first was to do this exercise with the people with whom I facilitate contact dance jams. Due to the timing and dispersion of the summer, it has not been possible for me to do it with this group of people, and after reflecting I decided to try these same adapted activities with a group of close friends. I realized that this was an opportunity, the group with which I planned to do it are people who already work on the body, on movement and on sensations, on the other hand, the new proposed group are people who do not usually dedicate so much time to body from this dimension.

They were three very close friends, and we did the experience in a yoga room in my town.

My goal was for them to connect with their bodies, with the pleasure of movement, share a different space and open this field and possibility in their daily lives.

## **Description of the activity:**

The activity began by preparing a pleasant and welcoming space for the three participating people.

It started with one person who received and the other two, with my support, applied the proposals that I was listing to them. When this person finished, the next one passed by.

The proposed first thing was about the three of us, with my support at all times, massaging the body of the person lying down.

This approach to the body started from the skin, followed by the muscle and lastly entering the bone. Giving space to these different levels calmly, with time and awareness. I was highlighting different qualities related to this way of touching and entering the body.

After these levels we move on to shaking different parts of the body from the ground, with time and very calmly.



After these movements, the person who receives starts to stand up and look for his own movement accompanied by our support that supports him, therefore he can let himself fall, look for imbalance, lean on us, while we can push him, stretch, give continuity to your own movements, etc.

After this space, the people who support us move away and the person who receives has a time in which to explore their movement after receiving all these stimuli.

After all of them experiencing it, we open a space for dialogue, sharing and putting in common the experience and sensations experienced.

**Relationship with the Training Course (adaptations, considerations, inspirations):**

The activity is clearly an inspiration and adaptation of one of the BMC sessions that I liked the most and that marked me the most during my stay at the Molino.

**Reflection and evaluation on its development and results (own observation or feedback from participants):**

It was clear that these people are not so used to working on the body, to leaving it available, but precisely for that reason I think it has been an opportunity and a good idea to bring this activity to people less used to doing this type of exercises. The feedback on their part was very positive and very surprising at what bodies live and experience. It was also very nice to open a space of this quality with people I usually meet at other levels.

Likewise, when we resume the contact jams, I want to do a series of facilitations in them inspired by the experience at the Mill, so the dissemination activity will continue in more spaces.

# Barbs (Spain)

## **DISSEMINATION ACTIVITY . Body Wisdom - 2024**

### **Context:**

The dissemination activity was planned to be carried out during the summer 1 week (8 days) activity in the association I work at as an educator, called Encert. This is an adapted summer camp (colonias) for teenagers and young people with disabilities (mostly intellectual diversity, autism, down syndrome, etc...). During this week we develop different activities and games following a common storyline in which we all get immersed. During this week we share daily life between educators and participants 24/7, each person of the team of educators is responsible for the care of a group of 2-3 participants. Also, each day a different pair of educators are responsible of organizing and guiding the story and the activities of the day.

### **Important notice:**

I feel the need to include the following information in the report, as the events that occurred during the first few days of the camp were crucial for the activities that followed.

On the 4th day of activities, one of our dear participants passed away. This happened during nap time due to natural causes (cardiac arrest). This situation was a heavy blow for the team of educators, something none of us had experienced before, and it left us in a state of shock. It was a very difficult situation to manage; we were immensely saddened but at the same time we had to continue supporting the group of 25 participants who remained with us.

This occurred on Wednesday, August 7th. The following day, after a group session with an emergency team of psychologists, we decided to cancel the rest of the activities and ask the families to come and pick up their sons and daughters. The somatic movement and exploration activity that I had planned was scheduled for Thursday, August 8th, which was the day I was supposed to facilitate, but by that point, we had already decided to not continue with the activities or facilitation because we couldn't handle it. From that day on, the participants gradually left, and part of the team of educators stayed until Sunday, August 11th, waiting for the last families.

Under these circumstances, I had already accepted that I would not carry out the activity. However, on Saturday 10th, there was a moment of rest and relaxation with the small group of participants that was still there, so I decided

to lead a brief session based on the initial idea I had for the dissemination activity. I guided this keeping in mind the needs of the participants and the energy of the educators after what happened.

**Activity:**

The playfulness of touch

**Description:**

The activity consisted of a relaxation session through bodily sensation and touch. During the session, each educator was with one or two participants. The goal was for the participants to recognize and connect with different parts of their bodies through various types of touches and massages performed by the educators. Also, to promote a soft and subtle interaction/connection between participants and educators, which I found was needed taking into account the emotional state of the whole group after the previous events.

We began by lying on the floor with relaxing music, taking time to feel the weight of the body and allowing the group's energy to settle. Then, following my guidance, we started to explore the participants' bodies with our hands, beginning with a light touch and gradually moving to a deeper one.

The hands moved from head to toe, following the circumference of the body. With a slower and deeper touch, we asked each participant to either say or point to a part of their body where they wanted to receive the touch, and we stayed there for a few minutes.

Then, I introduced the idea of seeing and feeling the body as a jungle in nature, full of life, where all kinds of animals live and walk. With this, I began mentioning different types of animals, and the massage performed by the hands imitated the movement qualities of those animals as if these animals were walking across the body.

**For example:**

- Ant: light and quick touches with the fingertips.
- Snake: undulating movements with the whole hand
- Elephant: stronger and slower touches with the hand in a fist

We continued with various animals suggested by the participants themselves and the other educators.

Finally, we ended with a gentle and slow massage on the head and face. Then, the educators lay down with the participants, and we spent some time in silence, in a collective embrace, breathing together.



#### **Relation with the Training Course and Evaluation:**

I found it quite challenging to adapt the practices conducted during the Erasmus training to the group and context in which I work, but I believe they can be effective with more time and several sessions.

For this session, I was inspired by the practice of bodywork and the importance of the person assisting in the exploration of another person. I also used visualization as a powerful tool for somatic connection and entry into the body, which works very well with this group.

There wasn't enough time to evaluate the activity collectively. However, as an observation, I can highlight that an atmosphere of closeness and silence was created, one of care and calm, which was very necessary for the context of the camp and the high-stress situation we were living.



# Sonia Salata(France)

**Title:** Radical pleasure space with group heart connection

**Description of the context:**

I carried out the activity on a third annual Becoming Taiga - a gathering of ecofeminist FLINTA activists from Eastern-European countries, initiated by New Visions association. The group consisted of around 25 cultural workers and researchers of Polish, Latvian, Lithuanian and Ukrainian origin, working in Lithuania, Latvia, Poland, Germany, Denmark, Spain and internationally. We gathered in Guest House Suseja in the region of Akniste, Latvia, a place surrounded by forests, to exchange practices of creating brave transformative spaces, strengthen and decentralize our community and collectively hold our personal transformative processes, treating the gathering as a launch pad for healing intentions.

**Description of the activity:**

I held the first session of the gathering, intended to soothe and soften the participants, as well as connect them to themselves and each other. The session lasted 2 hours and consisted of the following parts:

- grounding meditation in movement - I guided a walking meditation to relax the bodies and facilitate presence
- work with archetypes cards - participants drew cards with archetypes on them, to help in connection with the subconscious mind. Based on the archetype they also paired up for the next activity
- short theoretical framework - introducing the learning about heart anatomy I learned on the Body Wisdom training and the revolutionary power of reclaiming pleasure
- heart connection practice - derived from the training. I guided participants in embracing their hearts in pairs as a base for the next activity
- collective pleasure practice based on a consent exercise - participants in fours asked each other for the kind of gentle touch they needed, and while receiving it, shared something that they wanted to let go of, connected to the archetype on the card



Relation with the Training Course: the heart connection practice was an element inspired from the Course. I studied the heart anatomy research sent over by Alba and shortly shared it with the participants. In the Becoming Taiga gatherings one guideline is to listen with one's whole body - I was inspired to guide participants to focus the listening on their hearts and keep that connection while sharing something difficult with the other participants and also practice honest communication in sharing their needs. I encouraged maintaining the connection in the movement practices we had on the following days.

Reflection and evaluation on its development and outcome: the session was an excellent opening of the program. Participants opened up to each other and felt safe to co-regulate with others. I had many feedbacks that the practice was touching, needed and inspiring. Also the theoretical learning about the heart's anatomy and spirals in our bodies vs in the Nature was a meaningful one to share in a group focused on social activism related to ecology, healing collective relationship with nature and defying the harmful capitalistic dynamics embedded in our bodies.

# Teresa Scarpellini(Italy)

## **Report- Dissemination Activities Body's Wisdom Training Course 2024**

After the Body Wisdom Training Course, I had the opportunity to propose a summer camp in nature aimed at adolescents aged 11 to 16 at a farmhouse in the countryside of Tuscany. It was held from July 15 to 19. The project's name is Campacavalla. Outdoor Educational activities of relationship with horses and conscious movement. In the project there were 3 people leading: Me, Angiola (another participant of Body Wisdom) and Gianluca, the one who led the activities with the horses. The conducting was in two languages: Italian and English.

The intention behind the project was to create an educational context for the young people that could bring into dialogue the relationship with horses and movement/body awareness. The mix of different experiences of the organizers led to the creation of this week-long summer camp within which different types of activities were proposed (Natural Riding Practices, CI, theater exercises). They had to do with cross-cutting objectives like:

- Building a relationship with horses through observation/ approach/ contact/care
- Developing awareness of non-verbal language (animal and human)
- Gaining awareness of the relationship of human and animal bodies in space
- Experiencing relationship between mental state and physical condition

I led activities dealing with the group's sense-making and mindful movement. which alternated with horse activities during the day.

My proposals involved self-narrative, physical awakening, collective listening and movement. They had to do with the perception of the body's centers, management of weight and balance, development of trust and exploration of space.



After the practice there was a time devoted to sharing using methodologies such as circle time and feedback through writing key words related to the experience they had.

The training course Body Wisdom was definitely helpful to me in:

- Activity schedule structuring
- Proposing a well balanced combination of different types of activities within the day and week
- Practices that I repurposed and modulated for the group
- Ways of managing the moments of collective elaboration of the experience

In particular, the practices learned during the training that I repurposed are:

Description of self through a metaphor; Exercise with the elastic band; CI exercises for weight sharing, balance and counterbalance.

Above all, it has given me an awareness of the value of proposing practices that have been thoroughly experienced and reflected upon as facilitators.

### **Reflection and evaluation on its development and outcome:**

I think the combination of horse relationship activities and movement practices worked very well.

Finding a connection between the two practices was a process of discovery for me and Gianluca, which was made possible and helped by the fact that Angiola, the third collaborator, had experience in both fields. This meeting allowed us to find a dialogue, to understand what we had in common and to develop an educational proposal that worked on the common principles previously described.

The effectiveness of this combination was confirmed to us by the fact that during the feedback the girls grasped the similarities we had thought of, between movement practice and moments with horses.

Some of the key-words written by the group during one of the last moments of feedback after an exercise are: Relaxing-Tranquillity-Ear Opening-New way of seeing the World.

As a team we have the desire to replicate this format next year so that we can develop the proposal, welcome a new group and grow in sharing this journey.



# Ornel Menaj (Italy)

WE ARE ALL KIN (Dissemination activity related to Body Wisdom Erasmus training program)

**Title:** Diving into embodied movements

**Context:**

The activity took place during a summer school camp for children aged 7-11 years old, the focus of which though an entire week was movement and music.

**Description:**

Each of us individually as living beings have a unique and billion-year-old story of biological evolution that makes us who we are. There has been a continuity of living from the beginning of life itself to my own present being. So our ancestors have been single-celled organisms, primordial animals, fish, amphibians, reptiles, mammals, apes and humans. In mesmerizing diversity of life forms, we living organisms of this planet are all of kin.

The purpose of the activity that I proposed was to reconnect to our biological heritage through movement and hopefully to awaken a deep body "memory" of our history as creatures of this Earth. In the same time that we reconnect to our own selves, we also connect to other living beings by feeling our kinship/our relatedness experiencing "the other" through our body. So developing a sense of belonging with nature.

Through a session of roughly 90 min the participants are guided to activate visualization and authentic movement, not to act-like but to find real traces (of movement) of the animals that they have been in their past through feeling, embodying to rediscover bodily through movement one's living history that is written inside. All starts from lying and resting on the floor in a guided meditation of the beginning of life in the ocean, allowing the participants to softly enter in the realm of the body.



### **Considerations, reflection and evaluation:**

I was inspired to do this activity because of some reflections I had during the Body wisdom program. Throughout the body-mind centering exercises and C.I. sessions it occurred to me that probably one of the motives why we humans of this time (and fortunately not all but nearly) are so disconnected from the natural world (and therefore causing so much harm to it) is both because we are - disconnected from our bodies and bodies disconnected from the natural world (and I mean especially other living beings but also natural entities).

With that in mind I tried to use the method visualization - somatization - embodiment that I learned during the BMC sessions for an attempt through authentic movement to inhabit the traces of other living beings we have been and therefore embody our animality, our connection and interdependence to the living earth.

# Sara Plut(Slovenia)

## Canvas Presentation

[https://www.canva.com/design/DAGQFHqKu3o/VOF\\_Pr7jRVSIMKi3rt6LOQ/edit](https://www.canva.com/design/DAGQFHqKu3o/VOF_Pr7jRVSIMKi3rt6LOQ/edit)

In June 2024 I had the amazing opportunity of joining the Erasmus+ Training course titled BODY WISDOM, which was for me a truly life changing experience. Since this was my first ever E+ training course, I was not sure what to expect, but it definitely left an amazing mark on me. I learned a lot, many of the practices I still do every day.

One month after the training course ended I also hosted a workshop inspired by the practices and methods I learned at the Training course and I also made a few adjustments that made sense to me, so I made this workshop my own, based on the inspiration from the course.

I was fortunate to have 2 of my friends take interest in my workshop and join me, since it was the time of the year, where a lot of the people I know are traveling and are therefore not available. I adjusted my vision of the workshop to fit this format of 2 participants.

The workshop itself was divided into two parts and all together I prepared 4 exercises.

All of which I will describe and reflect on in the following slides of this presentation.

- FIRST ACTIVITY: 3 MINUTES OF INTENSE SHAKING
- SECOND ACTIVITY: BREATHING EXERCISE

The first part I have dedicated to solo practices, that one can use by themselves in order to regulate the nervous system via a somatic activity. At the beginning I proposed 3 minutes of vigorous shaking of the body, since a laying down activity followed. I was inspired by our mentor Alba to do so, because before facilitating a very still activity, laying down on the floor, she told us that we have to move our body intensely, in order to not stiffen up during the floor exercise.

### THIRD ACTIVITY: MINDFUL ACTIVATION OF FELLOW PARTICIPANTS BODY

After stepping more in touch with our bodies on our own, the participants were asked to engage in an exercise where a fellow friend is involved. This activity of activating another persons body through mindful touch was inspired by the activity at the training course on Day 4, where we were performing a gentle mindful massage of our partner. This was another exercise that was completely new to the participants. There was an interesting moment that we discovered, where the active participant asked the passive one if she is left handed, because she felt the muscles of her left hand being much stiffer than the ones on her right. We were all amazed how much of a different interaction an activity of this nature presents. In our discussion circle we described it as a nonverbal communication and sensing of a fellow person.

Both participants shared that they felt very good during and after the massage and that it even further strengthened their bond. They described the experience as "letting a friend help relax you". And they also both expressed the motivation and wish to keep the practice going on even further in their daily meetings with friends.

### FOURTH ACTIVITY: HOLDING EACH OTHERS HEART

Our final activity was exactly the same as the holding of the heart exercise that Alba showed us at the training course. Since we took a good amount of time for the other exercises, we had enough time to do it only once, which is a pity, but still it was a very beneficial element that we took our time for the rest of the workshop parts.

This exercise was described as such a deep and profound experience, they shared that they have never done something similar to this before and that they both want to go deeper and strengthen their connection

even further. They also shared that they felt extremely relaxed and very much in a state of being, not doing or thinking. Just feeling, feeling supported, present, grounded and loved. This is a kind of energy that I experienced in the activity, so I am very pleased to have heard this feedback.

All in all I am happy how this workshop turned out! It was my first time hosting an activity of this kind and I had a very good time. I felt relaxed, I made sure to prepare, to let the participants know about the fact that they can always vocalize any wishes, concerns or needs, especially that it is important to give consent while working with each other. Afterwards I also asked them for some constructive feedback or criticism, which I feel like always helps for further work of a similar kind, but for one reason or another they did not say anything negative, just positive things. I felt like my enthusiasm for the activities was definitely a driving force and a motivation for the participants, but at the same time I am reflecting right now on how it might be a little overwhelming for someone, since I am such an energetic person with a very passionate delivery. That is why in these sort of workshops in the future I will try to sense the room and adjust my energy levels according to the participants. I would absolutely love to prepare more activities such as this one!





# Emiliano Berti (Italy)

Report on Dissemination Activity: YE Ecological Body

## **Description of the context:**

The "Ecological Body" activity was designed to engage youth between the ages of 18 and 25 in Biella, Italy. The primary focus was to foster a connection between participants, themselves, others, and the natural environment. The setting provided a perfect backdrop for young people to explore deeper relationships through movement and self-awareness.

## **Description of the activity:**

The activity consisted of four lessons in Contact Improvisation (CI), a dance practice that emphasizes touch, physical connection, and body awareness. Each lesson guided participants in exploring how their movements could reflect their connection to themselves, others in the group, and the surrounding natural environment. The exercises allowed them to experience movement as an ecological practice, drawing attention to the body's relationship with the earth.

## **Reflection and evaluation:**

The development of the activity proceeded smoothly, with a high level of participation and engagement throughout the lessons. The participants expressed positive feedback, emphasizing the unique opportunity to connect with their bodies in a natural setting. Many shared that they felt more attuned to their surroundings and others in the group after each session. A recurring comment was that the lessons offered a powerful means to feel grounded and present in both personal and collective space. From an observer's perspective, the group's synergy grew noticeably with each lesson, reinforcing the initial objective of fostering connection through movement. The overall outcome was highly successful, achieving its goal of creating an experience that brought participants closer to themselves, others, and nature.



# Mizar (Spain)

- **Title**

Small gathering inspired by Body Wisdom project

- **Description of the context:** target group, place, objectives/intentions  
The activity took place in the patio at my parent's house in Cuéllar (Segovia, Spain) on 19th of July 2024. It was a small gathering of relatives and a couple of friends (six people who already know each other) who join to have a space in which I could share snippets of what I've learnt at Body Wisdom project. The main objective was to have a space to share some insights about my experience and what I think it could be valuable for others to hear or have an insight of (Body Mind Centering and Somatics).

- **Description of the activity:**

First of all, there was a little bit of sharing about my experience, just through words, what I found important and interesting to explore and to bring to daily life from what I've learnt about Body Wisdom project. We discussed a bit about the current need of going back to and reconnect with the ancient wisdom of our bodies. Then, there was a practical approach in which I facilitated the space for the others. I utilized different dynamics and activities which we did in the project, some of them were only inspired by activities we did and others, I tried to simulate them. After a warming up, recognizing our bodies and the space, we use some dynamics of basal stimulation and bodywork to get into something a bit deeper into the body-mind connection and, more specifically, the fluidity quality inside our bodies and move ourselves from there.

- **Relation with the Training Course (adaptations, considerations, inspirations)**

The whole gathering was inspired by the Body Wisdom project and the need of sharing a bit from it with people around me. I used exercises and dynamics directly taken from the ones that we experienced in the training project and others, they were an inspiration, such as the fluidity



quality of the fascia that we worked on during the project. I did not feel entitled to talk precisely and facilitate something related to fascia, because I do not have the knowledge, so I adapt the activity just mentioning it and taking it from just the fluidity quality of our inner environment in the body. Also, I did use some of the music the facilitators curated for us during Body Wisdom, and that was a big anchor too.

• **Reflection and evaluation on its development and outcome.**

(your own observation or participants' feedback)

It was a very interesting experience indeed, mostly because it was developed for a varied group of participants with different levels of awareness about their bodies. It was a bit challenging in that sense in order to select the activities I wanted to share with them, to find a common level in which all of them would be able to explore, but it was a good practice to do it with that in mind.

About the participants' feedback it was lovely to hear most of them enjoyed the session and found it interesting and to hear about their interest in exploring more this "going back to the wisdom of their bodies". I hope this small gathering could act as a tiny tiny seed in this aim of reconnecting with the ancient body wisdom.



# Tjaša Jamnikar (Slovenia)

## **Center exploration :**

Group of youth workers, training course coME AS YOU are, 28.6.-6.9.2024, Slovenia

## **Objectives:**

to bring awareness to pelvis and its natural movement, finding your own rhythm and connection.

Time: 90min

## **Description of the activity:**

Warm up: Lay down on the floor with your back on the ground with your eyes closed. Bring your awareness to the space around you, your body touching the floor, clothes touching your skin and any other sensations like sounds and smells. Start noticing your breath. Rise of your chest and your belly when inhaling and falling when exhaling. Notice where your body is touching the floor, from toes to head, imagining there are roots growing from your body reaching deep down to the earth, softening your body to the ground, with every breath sinking deeper and softening. Start gently rocking your body from the heels- your legs are in the position of the length of your hips, start rocking up and down, continue with this gentle rocking for about 3-5 min. Relax. Take a pause, observe, notice any arising sensations and change. Then again spread your legs bit wider rocking hips side to side, left to right. Continue with the rocking exploration for about 3-5 min. Relax. Take a pause, observe, notice any arising sensations and change.

Then slowly bend your knees and place hands on hips, explore movement of the center in various directions (tail bone to head and vice versa, rotations from left to right, movement of the symbol infinite, lifting from the ground up). Move your body to one side from your pelvis to hips- rest-



notice the change of body structure- repeat to the other side. Continue with the exploration of pelvis movement inviting the spine to move along, in your own rhythm. Include moving your limbs, hands and legs, as well as the head and roll on the floor, stretch, push. Find your way to the all fours with the continuous movement of the pelvic floor and moving the spine. Find your way all the way to the standing position. Rest when needed-pause is welcomed.

Notice the internal movements and feeling of the ground supporting you. Soften and relax your belly. Inviting your hands touching the pelvis - start walking in the space feeling the center and how it moves. Notice other pelvises moving in the space and slowly find a way to connect with other pelvis that is moving in a similar rhythm. Form pairs. One person goes behind the second persons back and place their hands on other person hip bones and closes their eyes. Person with the eyes open continues with the exploration of pelvic movement in space, walking and exploring their kinesphere. Move with awareness and choose the right rhythm so the second person can follow. Person in the back with their eyes closed is listening and following his own movement led by the pelvis of the one in front (5-10 min)- exchange roles - closing with sharing time in couples and group harvest.

**Relation with the Training Course (adaptations, considerations, inspirations):**

Using rocking on the floor exercises that lead to the pelvic exploration. BMC is an inspiration for me. Starting from the ground up-like waking up, allowing you body to first soften and then go to explore the world. Restoring the nervous system, connecting one self with their own movement from the center, source of creativity, container of internal organs, power, the connection point between lower limbs and spine. Inviting the flow, integrity and flexibility.

Consider telling people to dress appropriately (long pants and long shirts). Consider more time for sharing space and collective wisdom-group sharing. Consider going into point of contact using the pelvis for connection adding elements of spinning, sliding, lifting (including time 30min)



## **Reflection and evaluation on its development and outcome.**

### **Participants sharing:**

Some of them experienced being closer with their bodies, starting to feel their body for the first time. Some of them realized the strength, stability and the importance of moving in their own way and desired direction. Some of them realized the dynamic of leading-following and the importance of trust - I can trust the leader if he knows where it is going, I can trust the leader if he is clear and strong in the action. They started opening up-and it was a very simple and yet profound exercise. We also talked about the importance of the pelvis floor as the center of creation and the importance of having a relaxed and open pelvic floor as we move through in our lives.

\*Learning point for me was to say when exploring in couples to be mindful about the rhythm of the person with eyes opened-so the second one can follow with the eyes closed.

\* I noticed that I loved holding the space. It was very beautiful to watch them exploring in couples, noticing the dance in between and the connection. I had a very pleasant experience and I am looking forward to explore more in somatic movement.

# Lilly (France)

## Embodying ghosts \* listen the breath of the rocks\*

### Target group

Dance is for everybody

### Objectives intentions:

We see dance as an invitation to distort our aesthetic values and bend the polished images of ourselves. It gives us the possibility to let hidden, intangible emotions emerge and to rethink the believed limits of spatial and temporal conditions. We claim for care and attention to sooth the increase of unlivable places on earth, thus the unlivable places within our bodies.

### Description of the activity:

We walked down the path that bring to the river, before reaching the stream of water we turn left, it seems to bring us in the woods, but an open view on the valley and forest shine in our eyes. Some light cloud and sun light of an ending summer afternoon. We stand on the rocks. We breath in our cavity with a softness, slowness, warmth. Inhale in the surface, exhale in the depth. We call it "the cave breathing", inspired from the continuum method by E. Conrad.

What are the dark places in your body? Let the movement rise.

The poem is read out loud to the people, the forest, the rocks, the ghosts, the animals by two

voices :

*"wherever there was space and ancestors came through. They were drawn to her like they had been drawn to all the shores and like water they began to shape the stone of her back into sand. She recognize the shape of stardust, she breathed deeper to feel them moving, it didn't take long (only eternity) for the evidence in her side abdominal to show the work of breath, the depth of working. Her movements became dance for landing light. Her offering to heaviness of heaven- her bones decided not have limits" Alexis Pauline Gumbs, "M Archive, after the end of the world"*

Deep Inhale, find stillness

A score is introduced to bodies that are sensibly attuned to the depth world and the depth of the selves without hierarchy, knowing that in my dna there are thousand of people, seas, birds, rivers, vegetables, fishes, beasts, capitalism, love.

We invite to the people listening to us (we are two facilitators Lily and Franzi) to just summarize their senses into 5. we know that are much more. Today we have the sense of breathing, of hearing, of tasting, of touching and seeing. We spend 5 minutes exploring each sense and see how many ghosts appear form the rocks and the atmosphere and the forest, if they enter your body, if it is bearable count them and name them.

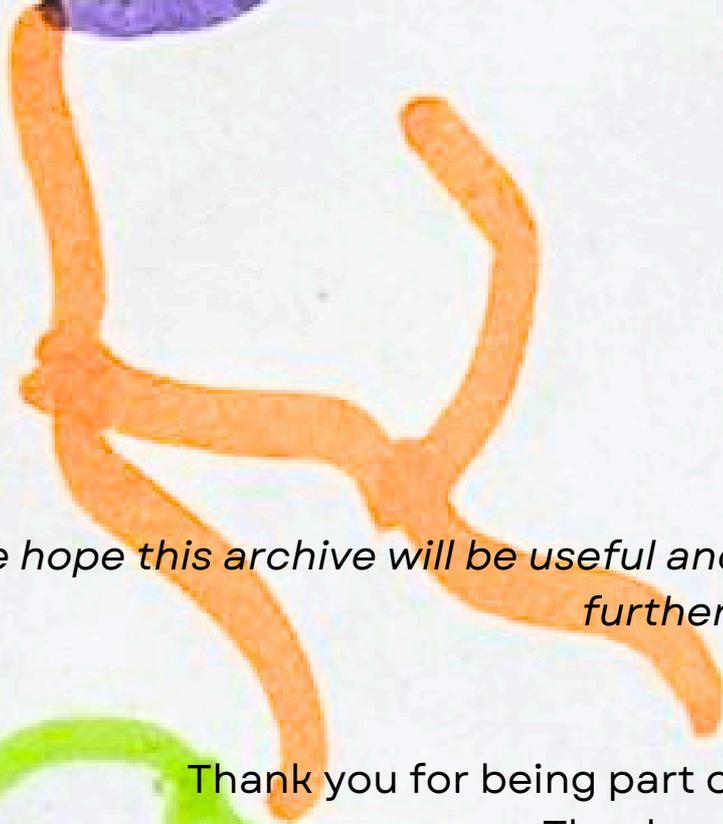
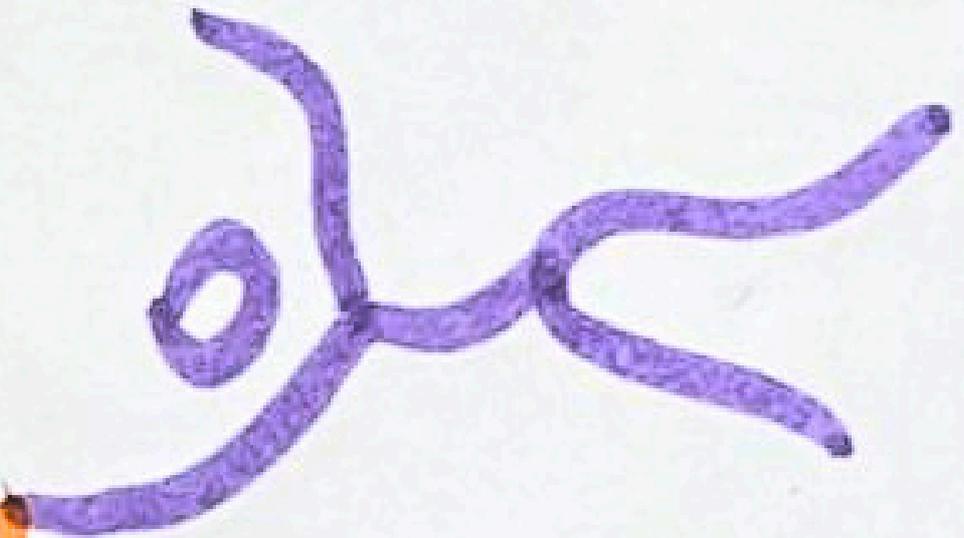
**Relation with the Training Course (adaptations, considerations, inspirations):**

This practice it is inspired from the experience of a somatic dive we had into the heart. I went out from the wood floor to interact with stones, and from this place of deep connection we the heart, I could sense, feel and act in a revolutionary way, feeling their breath they feeling mine. It nourished my investigation in creating alternative possibilities to take care of our communities, generate compassion to gently live and improvise in solidarity with more-than-human beings.

**Reflection and evaluation on its development and outcome. (your own observation or participants' feedback):**

Our practice aims to turn the whole body potential into wonder in the interstices between our certainties, to dare the rising of discomfort and troubles in order to inform and nourish a different sensitivity. At the same time, embracing the non-duality of things, we drive our exploration towards a radical tenderness to sense and trail the beauty within adversity.

The participants where touched and eventually it was difficult to verbalize after, we went to the river and to eat in order to ground.



*We hope this archive will be useful and inspiring for further experiences.*

Thank you for being part of the journey,  
Thank you for reading.



# coorpos

comunidad . educación . somática

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