



Moving Heart

SAFER SPACE POLICY

Here we are introducing some explorative viewpoints of how we all can contribute to each others well being, named as 'Safe Space'. Guidelines below is developed for practising contact improvisation but can be applied to other courses, trainings and events with Moving Heart as well. Safe Space Guidelines below is influenced and inspired from worldwide texts used on Contact Improvisation jam's and festivals.

DISCRIMINATION

When it comes to people and minorities that may face widespread discrimination within mainstream society a Safe Space policy is incredibly important. Discrimination and oppressive patterns in the society doesn't necessarily stay away from the dancefloor or another educational setting. We can all learn more about how to care of each other and treat each other with respect.

Racism, transphobia, sexism/other oppressive, discriminating or harrasing behaviours are not tolerated. If anyone or anything makes you feel uncomfortable or if you witness harassment, please report this to the organizers. A person who act according to this might have to leave the event.

DIFFERENT PRONONUNS

English and Swedish language traditionally divides people to two gender groups and people are often called he or she. In recent years the use of pronouns *they* or *them* has become a way to give space and respect for gender diversity.

In Moving Heart events we practise calling each other by our names and letting everyone express themselves with which pronouns they would like to be called. In the beginning of an event we invite all participants to share what they are called; with he, she, they or them. We help each other to kindly remember gender diversity; knowing it might be something many are not used to think about while talking about or to another.

TOUCH AND INTIMICITY

When practising Contact Improvisation and Aguahara we work with physical touch. In Contact Improvisation you will study techniques such partnering and communication through touch. In Aguahara we study how to give treatments holding another person in the water. In our culture physical closeness and touch is mainly experienced in intimate relationships such as lovers or between parent and child. Our preferences of touch is often limited and shaped by our earlier experiences. Therefor practising touch can be a vulnerable space. Unclear and abusive intentions is

harmful and when we work with touch it's extremely important to respect our own and other people's boundaries. In Moving Heart courses we intend to create a safe space to widen our understanding of touch. We are aware that for instance it is natural to sometimes feel sexual and sensual energy, that's human and totally okay as long as we don't confuse ourselves with these feelings and translate it to intentions that are not part of the practise.

SELF CARE

Moving heart events are not designed for therapy, although the contents may be therapeutic.

We acknowledge that practices may awake emotional processes and that being a human is to be sensing and feeling and experiencing a range of different moments. You are warmly welcome as you are and to be part of the education or event with both tears and laughter.

For your self care; If you are in an current mentally vulnerable state and in need of special support, contact us before you attend and we can acknowledge what support we can provide or not in that specific event. Note that Moving Heart's events are not group therapy, but does train skills for tending to yourself on your day-to-day basis. If you need deep work to heal your past, the invitation is that you reach out for a therapist, teacher, healer, or shaman who specializes in trauma-integration work, to help you on your journey.

TRAUMA INFORMED APPROACH

ElinMaria is a certified Trauma Informed Facilitator through Somatic Selfcompassion® Teachers Learning Collective. She intend to integrate Trauma informed Approach and guidelines in Moving Heart events, meaning she has competence to:

- Realize the widespread impact of trauma and stress;
- Recognize the signs and symptoms of trauma and stress in community members;
- Understand potential roads for recovery;
- Respond by fully integrating knowledge about trauma into policies, procedures and practices; and
- Seek to actively resist re-traumatization.