

Held By Earth Online Course Moving Heart

INFORMATION

This is an invitation to explore your belonging to the Earth through the inherited wisdom of your body and heart. We will move our bodies in relation to gravity and yield into the support of the ground, release and tune into our heartbeat. Nurtured by being rooted in our bodies we'll expend our awareness into cellular breathing. With deep restorative practices and integrating movement exploration we'll allow our nervous system to recover from stress and find our thrive and belonging to ourselves and the earth.

INTERCONNECTEDNESS

"We are a living breathing manifestation of this beautiful and generous planet. " /Thích Nhất Hạnh

You are the earth. We tend to relate to Earth as something outside of us. But all our body including the microscopic cells and as well everything around us is part of the earth. What happens with our perception when we acknowledge this fact?

CONTENT

Guided practices with Somatic Movement exploration, (such as Developmental Movement Patterns and cellular breathing) Restorative and releasing practices, dance improvisation, Heart awareness work, Self-regulation, deep relaxation practice

FOR WHOM?

The class is open for everybody. No previous experience is needed.

ONLINE

Meetings are taking place via zoom. More information and invitation to the zoom-meeting will be send by email. You can join from where you are; all you need is a floor space enough big that you can sit and lay down.

POEM

Earth is whispering;
Come closer!
Skin to my skin!
tune in to your senses
Heart is breathing;
Be silent
and let her carry your weight
Just here, slowly
Then you will hear
/ElinMaria Sydänvirta