

RESTORING OUR CORE RHYTHMICITY

Continuum, Trauma and the Social Nervous System

Jeg er rigtig glad for at kunne bringe Amber Gray til Danmark igen. Denne gang kommer hun med en workshop om kroppens rytme, og hvorledes vi kan bruge Continuums flydende bevægelser i bearbejdningen af stress og traume. Jeg ser frem til Ambers workshop med stor forventning om et udviklende og inspirerende kursus.

Kærlig hilsen Jeanne Jensen



Amber Gray is both a longtime practitioner of body centered arts and sciences (somatic psychology, massage therapy, Life Impressions, Bodywork dance movement therapy, energy medicine, cranio-sacral therapy, yoga, and shiatsu), and an advocate of human rights. She is an authorized Continuum teacher, and a licensed mental health professional.

She has worked internationally and nationally as an activist, an artist, a mental health professional, a program director and a trainer/consultant on behalf of victims of human rights abuses such as torture, war, and organized violence for over ten years. Amber's work with survivors of trauma is strongly influenced by the work of Dr Porges, with whom she has had the honor to co-teach on several occasions.

Current neuropsychiatric research demonstrate that the impact of long-term, chronic and overwhelming stress on the human body reduces and disorganizes our internal, rhythmic coherence. In other words, we lose our beat. While the focus on much of this research is on levels of stress that contribute to the trauma spectrum, stress and trauma exists on a continuum, and with enough time, any human experience contains enough moments to contribute to the 'densification,' solidification, congestion and crowding of our internal landscape.

Continuum as a movement, breath and sounding practice can ease us into the type of fluid, unconstrained movement that unwinds these patterns of stress and re-connects us to our organic, fluid rhythmicity. Continuum combined with rhythmic activities rooted in earth-based rituals and movement practices, and informed by Dr. Porges Poly Vagal Theory, will weave together a weekend of fluid, rhythmic revitalization and restoration of our core rhythmicity. This workshop is applicable for practitioners of bodywork, movement, and arts-inspired practices, especially those working with trauma.



TID & STED:

Fredag den 13. maj kl. 18.00 - 21.00, lørdag den 14. maj kl. 10.00 - 17.00
og søndag den 15. maj kl. 10.00 - 16.00
Ophelia, Gasværksvej 4E, 1656 København V

PRIS & TILMELDING:

2500 kr. for alle tre dage
Tilmeldingen sendes til: jeannejensen@mail.dk. Tilmeldingen er bindende.
Indbetaling af kursusafgiften på konto; Bank reg.nr. 9889 Konto nr. 0000152956