

# BODIES FALL MINI-IMMERSIONS

Two hour, mini-immersions fusing the art of movement, the science of anatomy and the activation of creativity. No experience in dance or art is needed.

8.29 at 10 am, 9.26 at 10 am, 10.23 at 12pm, 12.5 at 10 am  
Eastern Standard Time. Attend one or all four. \$30.00 each

## REGISTRATION

### **movement**

Think of that big delicious morning stretch where your body expands and comes alive. Maybe you add in a funky shake or growl because no one is looking? It's like that! We use movement explorations to slow down, find flow, as well as activate the body and encourage vitality. Creative inquiries are guided by the body, music, and the surrounding environment. Science tells us that practices that promote a sense of flow enhance immunity, fertility, digestion, and heart health.

### **anatomy**

With a different anatomical focus in each immersion, you'll learn amazing, useful things about the body. With your own hands, you will discover your body's design and function. Understanding the structures underneath the skin and how they work is foundational in taking an active role in your health.

### **creativity**

Movement gets our creative juices flowing. Even on a walk, we travel through emotions, stories, and mental images. We have Aha! Moments, problem-solve, and find new possibilities. Through movement, we let the body speak. Through writing and drawing prompts, we integrate its wisdom. Layers of moving, learning, and creating encourage you to put your immersion experience to work in your everyday life.

### Facilitators



Liz Waddell, PT, DPT is the owner of Art of Movement Physical Therapy in Cary, NC. She has 20 years of experience in dance and fitness with a BFA in dance and numerous fitness certifications ranging from Pilates to Pole Fitness. [Learn more about Liz.](#)



Amy Olson, LCSW, CEDS-S has 20 years of experience as licensed psychotherapist and eating disorders specialist. She is a certified Dancing Mindfulness Facilitator. Her facilitation style incorporates trauma-informed ideas and practices from the world of psychoanalysis, somatic psychology, and expressive arts. [Learn more about Amy.](#)

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