



*Dance is Movement*

*Movement is Life*

*Somatic Movement Workshop Series*  
*with Dana MacPherson registered SME facilitator*

*Six, 90 minute sessions exploring*  
*Breath, Skin, Bone, Heart, Fascia and Blood*  
*through Movement, Drawing and Creative Writing*

*Sessions can be run one-one or in a group, as single sessions or as a full package.*

*To book contact: 07502156850, danajmacpherson@gmail.com*

*[www.bodysurfskye.co.uk](http://www.bodysurfskye.co.uk)*

Somatic dance focuses on an individual's authentic, emergent movement story. Within a guided framework of visualisation we explore mind-body connection, opening to how we feel in our bodies. The sessions are approached from an experiential perspective, with each individual at the centre of their journey.

As individuals we each have our own collection of experiences that we have borne witness to. Gifting yourself the time to gently listen in, you invite the wisdom of your body's precious story to be heard.

In a group we take time to witness and share each other's stories, this is a beautiful process which invites a sense of empowerment, healing and lightness.

This deep, creative process can liberate holding patterns. Somatic practice directs awareness to how we feel, where we hold our breath or tension so we can offer movement or stillness. By developing skills that educate how we feel, it enables us to better regulate our nervous system and be more comfortable in our bodies.

Each of the six elements I have chosen for the series have different qualities. From my personal experience each element has a different resonance and affect on how we show up in our lives. Some days I want to work in bone, this grounds me. Other days I feel I need fluidity so I bring my focus to water and blood, this literally offers me fluidity and ease. The gentleness of Somatic practice invites us to support our wellbeing in daily life, enabling us to show up fully embodied and present.

Facilitated guidance is always an invitation.

Sessions are confidential.

Gaelic term or description

Breath



*Living Breath*

*Life giving, oxygen, sustaining*

*Reminding us to soften and listen*

Bone



*Living Bone*

*Structure, gravity, support*

*From where we dream action into the world*

Skin



*Living Skin*

*Container, boundary, touch*

*Through which we feel the World*

Blood



*Living Blood*

*Connector, carrier of information, ease and flow*

*How we move through the World*

Fascia



*Living Fascia*

*Holding, web, communicator*

*Guiding us in alignment with the World*

Heart



*Living Heart*

*Pulse, rhythm, joy*

*Our anchor of feeling in the World*

## Photography credits

Front page Holgar Mohaupt

Gruilin , Isle of Eigg

Landscape images Jordan Young of LoveliverunUK

Talisker, Kilmuir, Bog cotton fields, Isle of Skye

## Quotes

Front page - The Dance Cure by Dr Lovatt



Completing my training as a Somatic Movement Educator has given me the tools to immerse myself in life, fully embodied. The holistic awareness that each part of me is humming with life and connected with my environment, fills me with joy. This is what I love to share with my clients. It is completely magical work.