

Authentic Movement Group

"Authentic was the only word I could think of that meant 'truth'—truth of a kind unlearned, but there to be seen at moments."—Mary Stark Whitehouse (1911-1979)

Facilitated by Pat Mattina

www.patmattina.com

New Group Forming For September, 2010

Purpose: To practice being with & following the impulses of movement, stillness, and sound as they arise in the body and to share our individual and collective experiences to this serious work & play within a circle of safety & respect.

Needed: Curiosity and trust in the process

Study of Authentic Movement can help us to:

- Release and relieve stress
- Build a clearer sense of self that includes an integrated relationship to the whole
- Untangle old beliefs and nurture self-acceptance
- Recognize the wisdom of the body
- Awaken to conscious & unconscious pathways
- Deepen connection with spirit
- Increase intuition
- Access imagination
- Cultivate authenticity, truth

We come to this work with interests in such areas as self-care, health-care, creativity, dream-work, education, meditation, and/or body/mind/spirit integration.

Number of participants: Limited to 4.

Schedule: We meet once a month.

Time Period: A commitment is required for a consecutive 4-month period in order to build safety and trust with one another and consistency for the group as a whole.

Place: Roots & Wings Movement Studio located at 317 North Main Street in Natick.

Dates: The dates and times for each monthly meeting will be decided upon by the movement studio schedule and our individual schedules.

Day times, weekends, and some evenings are possible. All dates, including a back-up date for emergencies & inclement weather, are set a month in advance.

Fee: \$50.00 per person, per 2-hour session.

To Register: Please contact Pat Mattina, Art and Movement Studio, 317 North Main St., Natick, MA. 01760. 508-612-6847 cobaltchrysalis@yahoo.com.