Experiences

College of Complementary Medicine

I had path-altering experiences with the 'medicine wheel'; an Indigenous tool for healing and growth. I was trained in using this tool in facilitating expressive arts group work; & gifted permission to use it. Much of my current work and practices are informed and guided by themes drawn from the wheel.

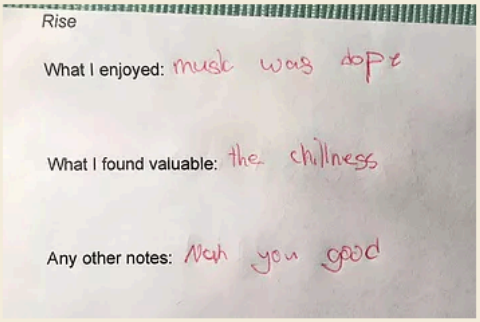
Open Space

'Dance by Donation' was a program I created to make a variety of dance styles including salsa, contemporary, KRUMP, accessible at low-cost to the broader community. These were funded by a grand handed down from Inner West council, and collaboratively held in the Lentil As Anything, Newtown Restaurant Open Space upstairs.

One Dance Collective

I loved being a part of One Dance Collective's 'More Than Movement' dance and choreographic artist program and their performance for the Victorian Dance Festival as well as part of the production team for the experiential movement performance 'Home'.

Exodus Youth Worx



Through Exodus Youth Worx I ran our 'mindful movement' session tailored for young people. We moved through some resistance as a group and came out with some valuable learning and conversations.

Heart & Soul Retreat Centre

As part of a retreat held by Heart and Soul Retreat Centre; I facilitated an expressive movement session. It was beautiful to witness the vulnerability of the day, and the engagement of the participants as they journeyed whole heartedly:
"we learned that movement is language. Movement gives us the ability to express things that words cannot. Movement says things, brings things up from the depths within us, in a way that we cannot describe. we feel things, we embody all that is deep within. we embody our true selves. Dance is powerful. It's a creative expression that surpasses words. It's freedom. It's power. It's vulnerability. It's love." ~ Participant

Seniors 'Mindful Movement' Workshops

Image

We learned some fun bachata and salsa basics, talked about and tried out the benefits of 'mindful movement', which are releasing stress by calming the mind and expressing the emotion. Some of the reflection words by the end of the workshop were 'calm' 'joy' learning'.