

# Trauma Release through Movement

Using music and accessible dancing in resolving 'issues in the tissues'

You are warmly invited to join **Stefan Freedman** for a ground-breaking course.

## When?

In **March** and **April 2023** there will be 4 Monday morning workshops of 2 hours, March 20th and 27<sup>th</sup> + April 17<sup>th</sup> + 24<sup>th</sup> + a weekend with guest facilitators comprising two half-day sessions, 22nd – 23rd March.

## Where?

Our main venue is **Eastern Angles** in Gatacre Rd, Ipswich. Sat 22 at Ipswich Quakers. Sun 23 at Bealings Village hall (10 mins from Ipswich). We will arrange transport sharing for those who wish.

## What?

This course engages the feelings, senses and body, in balance with the mind's understanding.

With space for group support, skill-sharing and Q+A, you will cover the following topics:

- ◆ 1. The neuroscience and lived experience of trauma, and its wide-ranging effects
- ◆ **2. Therapeutic dimensions of music and movement**
- ◆ 3. Self-care. Creating safety in a group. 'Anchors' and 'oases'. Emotional first-aid
- ◆ 4. Moving from adversity to aspiration. Transforming collective and systemic trauma:
- ◆ **5. Facilitation skills**, ongoing support and access to music and dance materials.

**Stefan** is internationally celebrated for his inclusive and supportive group facilitation. He creates dances to support somatic experiencing while others regulate the nervous system and soothe the feelings. His book 'Dancewise' researches movement and music for mental health. Stefan has worked with the Inside Out Community team in Ipswich for over 16 years and is delighted to have their support and collaboration in hosting this new course. You can be one of the pioneers!

Payment is by donation. Suggested £30 - £90 to include all six sessions.



# DanceWise

## How?

**BOOKING IS ESSENTIAL** as we have limited places.

Email Stefan : [dancewise321@gmail.com](mailto:dancewise321@gmail.com)