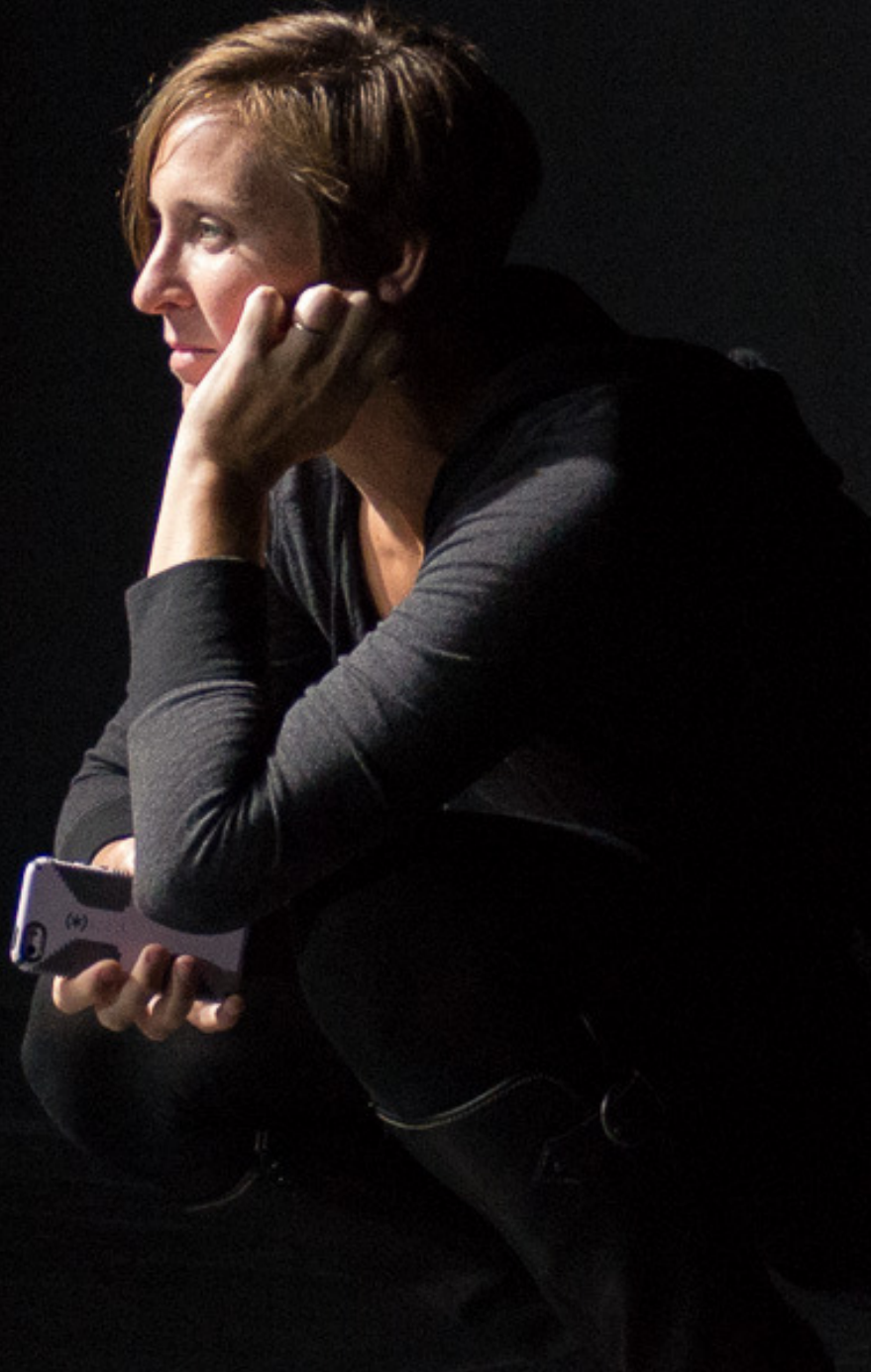


MOVING DIALOGUES

INTERESTED IN THE
INTERSECTION
BETWEEN
PERSONAL
INQUIRY, WRITING,
AND MOVEMENT?



Moving Dialogues Flexible: 60 mins, 90 mins, 3 hours

Feeling drained and unclear? Unmotivated and stagnant?

Tap into your own creativity, clarity, and happiness in a warm, respectful environment. Zero dance experience is expected - Moving Dialogues Workshops are for everyone!

Explore an essential question and share responses and experiences through individual writing, dance and discussion in a mutually supportive and respectful atmosphere.

Participants experience: (90 minute sample)

Gentle, guided warm-up (10-15mins)

Written exercise to answer the essential question (5mins).

Create/generate stationary shapes based on words they select from their own writing (5 mins).

Participants create their shapes individually, but simultaneously (everyone is moving at the same time - so there's no pressure to "perform").

Share the shapes in small groups, with or without words spoken aloud (15 mins)

Generate a movement phrase based on the shapes (10 mins)

Share the phrase in small groups, with or without words spoken aloud (15 mins)

Share again making new choices, building awareness of other people in the space (10 mins)

Reflection (10 mins)

Best use: For community members/co-workers seeking authentic feedback on any topic, to create community between working groups, to build teamwork, support and empathy for any group within an organization. Or, to create a community quickly amongst strangers, new-hires, or retreat attendees. Participants share verbally as little or as much as they are comfortable - the workshop is often an extremely private, personal experience from a written perspective; and an extremely positive shared, group experience from a physical perspective.

Benefits:

Discover greater clarity and ownership of ideas and experiences

Generate new ideas for the organization

Set goals for individuals and the company

Reflection in "real time" demonstrates and punctuates the company's commitment to feedback from the essential question

"Moving Dialogues is so powerful, it changed my life, really helped me to clarify my mission in this world." - Artis Mooney

"These are the types of experiences I need in my life." - 2016 participant

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