



PARTNERS FOR YOUTH EMPOWERMENT

Moving Into 2021 - A Movement Manifesto

A Workshop of the Creative Catalyst Series with Silvia Giovannoni

Moving Into 2021

A Movement Manifesto with Silvia Giovannoni

A workshop to help us move into 2021 with an expanded sense of possibility. We will move individually and together to explore how movement can help clarify where or what we want to move towards in the new year. We will use different movement and embodiment resources, writing and group work in this exploration. For those who facilitate groups and want to incorporate movement it's an opportunity to take away new ideas and inspiration to use in your work.



Moving Into 2021

A Movement Manifesto with Silvia Giovannoni

Welcome!

We will get started on the hour

Please turn on your video

as soon as you are ready

Introduce yourself in chat

Share your name (pronoun: optional), your location, what brought you here and the name of the indigenous people where you are, if you know.



If you are having any issues with technology, please visit zoom.us/support. If you are still having issues, you can chat with our support person privately through the chat feature. They are listed in the drop-down menu in the “to”-line of the chat box, with the name “🔔 Ask Me! | Susan, PYE Global.”

“It’s a good Idea to Dance Mummy!”
- Maya (Dec 31 2020)



PARTNERS FOR YOUTH
EMPOWERMENT

All knowledge, until it is in the body is still a rumor..
Papua Proverb

Group Introductions

Gallery view & everyone unmute

1st speaker volunteer (afterwards, call on the next person)

Name, (optional: pronouns, land acknowledgements, cultural identities)
Movement and Sound which represents how you feel now
Everyone repeats the movement and sound

After the 60-second warning, finish up, thank each other
and click “Leave Breakout Room.”



GOALS

- Discover how movement can help provide fresh insight and possibilities in your creative processes.
- Learn simple techniques to use movement with groups.



Community Agreements

- Be open to the possibilities
- Be gentle with yourself and others
- Participate in the way that feels right to you

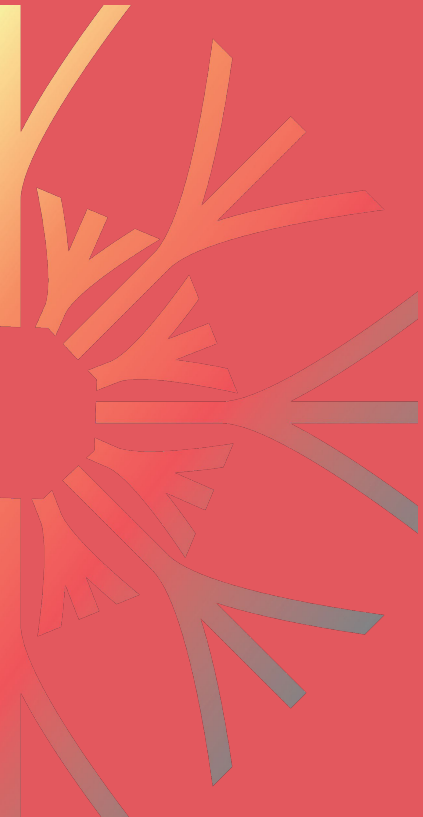


Body Free Write

Let the body move you

Use your body like a pen, allowing your movement to come through like poetry in 3D space.

Start when you hear the music and stop when the music stops.



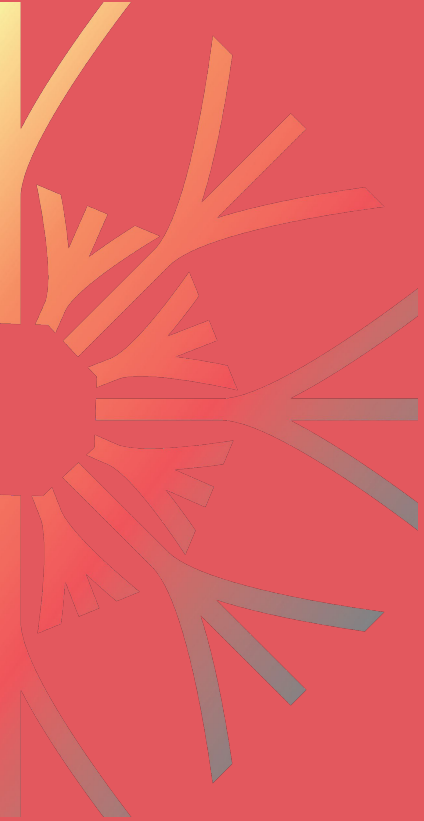
Onto the Page

Now let this 'Body Free Write' experience spill out onto the page in an actual free write.

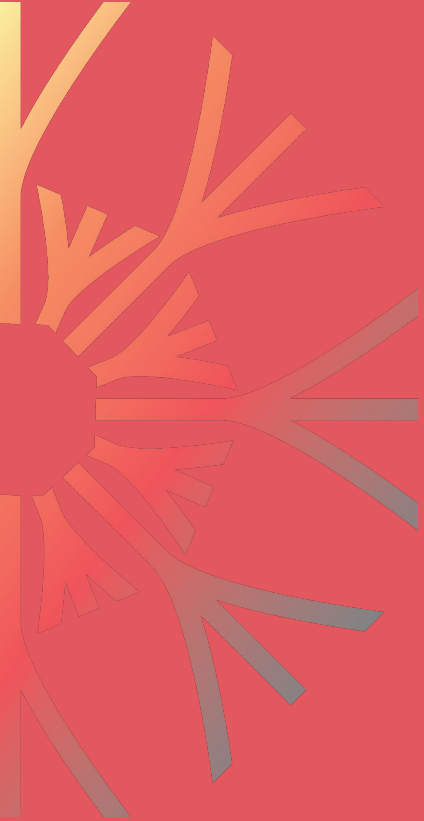
Use this writing time to extend your movement into writing and explore any insights you noticed through the movement.

If you want a little more guidance, you can use these prompts to get you started

- The energy that comes through my movement is
- A quality I found in my movement is
- My movement reveals



Creating a Movement Manifesto



Using your free write highlight the sentences and words that stick out for you.

Take the highlights and create a vision for Moving into 2021

Prompts:

I walk with..

I embrace..

I commit to..

I live with...

Tips: Why use movement with Groups?

- Using movement as a lead into a creative process
- Movement as a way to connect
- Movement as a way for people to become more present
- Asking people to come into awareness of their senses as a way to regulate the nervous system
- Include movement breaks



Stay connected

Silvia Giovannoni

@movinginto



Next Creative Catalyst:

Tuesday February 9th : Who am I in Nature? with Aida Gadallah





PARTNERS FOR YOUTH
EMPOWERMENT

THANK YOU