



Creative Catalyst Workshop Series

Moving Into Presence: A Movement Workshop

Silvia Giovannoni

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Moving our bodies is one of the best ways to alleviate stress and find our center. Join Rio de Janeiro-based movement specialist Silvia Giovannoni for a movement session designed to shake off anxiety and worry by moving into presence, freedom, release, and connection. We'll bring our attention to our senses, silence the external noise, and tap into the reality of our breath and heartbeat. After the movement session Silvia will lead a discussion on ways to bring movement into your own life and into your work with groups.

- Shared Learnings as submitted by the participants
- Workshop Slide Presentation