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EMPOWERMENT

# Creative Catalyst Workshop Series

## Moving into Connection: A Movement Workshop

Silvia Giovannoni and Xoli Fulyani

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With many of us moving beyond the 100th day of social isolation, what role does movement play in our lives? And in the way we interact with online groups? Join Rio de Janeiro-based movement practitioner Silvia Giovannoni, and South Africa-based environmental educator Xoli Fulyani, for a movement session designed to explore how movement can help shift our emotional state, foster connection, presence and insight. After the movement session Silvia will lead a discussion on ways to bring movement into your own life and into your work with groups.

Resources from this workshop.

- Workshop outline - [SLIDES](#)
- Song list from today's workshop:
  - Águas de Março - by Elis Regina and Antônio Carlos Jobim
  - Lua de São Jorge (Remixed Original) - by Caetano Veloso
  - Andar com Fé - by Gilberto Gil
  - Connected - by Stereo MC's
  - Beam me Up - by Midnight Magic
  - Dunya Salam - by Baaba Maall
  - Don't Look Like Her - by Daisy Clark
  - Akh Lad Jaava (From "Loveyatri") - by Badshah, Asees Kaur, Jubin Nautiyal, Tanishk Bagchi
  - Gwara Nao Para - by ASSI, BM
  - Hey Hey Hey - by QUICKSOUND, Alpha Yaya Diallo
  - The Cello Song - by The Piano Guys
  - Sankrit Touch - by Benny Bernstein