

The 6th Sense

Body Awareness and Personal Transformation

with Cheryl Cebula, MSW, ACSW and Sheri Cohen, GCFP

Saturday, March 10, 9:00 a.m. -12:00 p.m. and

Sunday, March 11, 1:00 – 4:00 p.m.

at Present Sense, 4131 Woodland Park Ave. N

Fee: \$70; Registration: SheriCohenMovement@gmail.com; 206.914.4161

Space is limited; please pre-register to reserve your place

Interoception is the perception of our 6th sense – sensations in the limbs, body motion, tension or relaxation of the muscles, the state of our internal milieu....These bodily aspects of potential awareness serve as a deep source of intuition and shape our emotional state. (Dan Siegel, The Mindful Brain)

The 6th Sense focuses on the cultivation of somatic awareness, braiding together ideas and practices from body psychotherapy, neuroscience and *Feldenkrais*[®] *Awareness Through Movement*[®].

Mindful movement, reflection, journaling, discussion and 'experiments with experience' will support participants in accessing the history and knowledge held in the body. We will explore the relationship between emotional states and bodily sensation, increasing the potential for developing self-awareness, intuition, refuge and choice.

The workshop meets over two half-days so that participants will have an opportunity to reflect, experiment with some of the material at home and return on the second day for journaling, discussion, and more *Awareness Through Movement* practice. The two-day format allows for deepened experience with mindful inquiry and a sustained embodied experience of movement and interoception.

Class materials: Please bring a blanket (or two), and a journal or notebook. Wear warm, soft clothing, and bring additional layers "just in case".

***No movement experience is required.** *Feldenkrais Awareness Through Movement* is a safe, gentle, process appropriate even for those experiencing physical limitations or disability. Please inquire if you have any questions or concerns.



Cheryl Cebula is a Seattle psychotherapist and yoga teacher. Powerful and moving experiences with meditation, yoga, *Feldenkrais*, and *Hakomi* have led Cheryl to bring mindfulness and somatic awareness into her practice of psychotherapy. In her clinical practice she has seen mindful awareness on inner (somatic) experience alter psychological and physiological states, releasing trauma and increasing resiliency and freedom. Cheryl sees individuals, couples, families, and groups in Madison Valley. She can be reached at Cheryl@cherylcebula.com.



Sheri Cohen is a *Guild Certified Feldenkrais Practitioner*^{cm} with 20 years of experience teaching movement arts, including *Feldenkrais*, dance improvisation and yoga. Sheri loves guiding her students to experience themselves more clearly and deeply through bodily self-awareness and creative flow. Sheri conducts classes, workshops, and private sessions in the Seattle area. She may be reached through her web site, SheriCohenMovement.com.