



Dancing With Your Fire

A Survivor-Centered Dance/Movement Therapy Series

Wednesday Mornings 9:00-10:00am

January 20 - February 24, 2021

Meeting online

Gift yourself time and space to connect with your body during the winter season. This 6-week workshop series will introduce trauma-informed and resilience-focused creative movement practices to awaken the senses, build embodied power, and flow with expression. No movement experience necessary. All bodies welcome, please share any access needs during initial meeting.



RESILIENCE
EMPOWERING
SURVIVORS
ENDING SEXUAL
VIOLENCE

If interested, please set up a meeting with
Lauren Milburn, LPC, R-DMT
by email: lmilburn@ourresilience.org