

### **BODY LISTENING: A Movement Awareness Practice (MAP) for Everyone**

- Body Listening is a body-friendly way to explore free movement.
- The process begins on the floor, exploring your relationship with gravity, attuning to a quiet deep awareness while being held by the continuity and safety of the floor.
- Moving from the body's felt-sense, habitual patterns unwind and new pathways open.
- The session progresses to standing and moving while maintaining connection with your inner awareness.
- In the last phase of Body Listening, full body movements through space are explored, in relationship to other people.
- Body Listening doesn't require special training or equipment.
- Body Listening invites you to inhabit the body you *are*, and discover what unfolds from that awareness.
- It can be done by everyone, regardless of level of health or movement experience.

### **BODY LISTENING: Benefits for Everyone**

#### **Physical:**

- improved circulation
- increased range of motion in the joints
- better movement awareness
- balanced nervous system
- sensory integration
- relief from chronic patterns of holding tension in the body.

#### **Mental/Emotional:**

- sense of well being, calm, clarity, mental refreshment and alertness
- improved awareness of

thoughts, feelings, needs, wants

- emergence of new insight.

#### **Psychosocial:**

- improved foundation for connection with others
- curiosity and openness toward new ways of relating
- increased capacity for empathy toward self and other
- improved ability to express thoughts, feelings, needs and wants and engage meaningfully and authentically with others and the environment.



**Sunday, November 8, 2015**

**1:00pm-3:00pm**

**&**

**Saturday, December 5, 2015**

**10:00am-12:00pm**

**UNM Center for Life  
4700 Jefferson St. NE, Suite 100**

**Registration Fee: \$30/person**

UNM employees may use their Tuition Remission benefit to cover the registration fee.

Courses are subject to Personal Enrichment provisions of the UNM Education Benefits Policy. Personal Enrichment courses are taxable and subject to withholding. Please ensure you have available Personal Enrichment money before registering for the course.

**To register, contact 505-925-4551 or  
mmhale@unmmg.org.**



### **About the workshop leader:**

Creator of The BodyListening© MAP, international performer and educator ZULEIKHA is renowned world wide for her innovative and transformative performances and self-care work in movement arts. Zuleikha's extensive performance and teaching background in dance, music, meditation and healing arts have shaped her profound and enlivening movement expression. The scope of her work ranges from Rumi Concert collaborations with poet Coleman Barks and world musicians, to self-care and wellness work through her international non-profit organization, The Storydancer Project. ZULEIKHA brings programs for greater health, resilience and joy to women, children and families facing challenging life circumstances. Her Take a Minute™ Core Wellness Exercise and Body Listening Movement Arts are being used worldwide to help people improve wellness and create empowered responses to chronic stress and trauma. She is the recipient of humanitarian awards honoring her work in the world promoting positive personal and social change. [storydancer.com](http://storydancer.com), [thestorydancerproject.org](http://thestorydancerproject.org)

Please visit the Center for Life website at [www.unmcfl.org](http://www.unmcfl.org) for additional information on this event as well as for other clinical and educational services.

