

Moon Water Dojo

Summer Sessions 2013

In three, three-hour sessions over the summer, we will engage in body-centered practice to unearth our clearest, most powerful expression as creative women.

If you have ever struggled with being true to your deepest self, making a difference, finding fulfilling work that matches your values, committing to what you care about, listening without pushing, speaking up, writing powerfully...

We are building a dojo, a place of embodied learning, a safe and joyful practice space.

We will practice together using the principles of aikido, Strozzi Somatics™ and poetry to blend the voices of our bodies and psyches into a coherent whole so we can take new actions in our lives and work.

Fee: \$60 for one; \$150 for all 3.

To register: email me at renee@reneegregorio.com to reserve your space. I will email you payment instructions.



Renée Gregorio is a certified master somatic coach in Strozzi Somatics™ and a long-time poet and aikido practitioner.

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**Sunday, June 30,
10 am-1 pm:
Centering in Body &
Purpose**

Through the body and through language, we will learn the foundational practice of centering in our physicality and in our commitments.

**Sunday, July 21,
10 am-1 pm:
Increasing the
Field of Your
Listening**

Listening presence happens through the body. We can learn to receive more, both inside and outside of ourselves.

**Sunday, August 25, 10 am-1 pm:
Claiming Space, Extending Voice**

Naming our ground and extending from a place we claim as our own is a powerful move. We'll increase our ability to feel our place on the earth and extend our voices from that new space.