

A Year of Living in Your Body:

An Experiential Workshop Series



Imagine feeling more connected to your body's messages. Imagine tapping into your inner wisdom and creativity, letting go of doubt and fear. I invite you to spend a whole year living fully in your body. By engaging in awareness, reflective, creative, and body-centered exercises, we will explore how our bodies can help us to understand in a deep and meaningful way how we relate to ourselves and engage with the big, wide world around us.

This workshop series is facilitated by **Courtney Putnam, MFA, LMP** and will be held at **Rising Bird Healing Arts**.

\$100 per workshop or \$320 if you sign up for all four.

To register, email Courtney at cputnam@rising-bird.com

Space is limited to 8 participants.

Sunday, July 27, 2008; 1-5pm

Writing from Your Body

Do you feel and hear all that your body has to tell you? In this workshop, we will explore the ways in which paying attention to our bodies can enhance our writing and our writing process. We will write from our guts, our hands, our spleens, and our blood vessels. We will explore how telling the story of our bodies can help us to reclaim our creative, knowledgeable, and truth-telling physical selves.

Sunday, October 19, 2008; 1-5pm

Six Senses Workshop

When we smell, hear, taste, touch, see, and intuit, we take in the world around us. We process information, feel deeply, make important decisions, and experience pleasure. We also can feel overwhelmed by sensory stimulation and in turn shut off our sensors. In this workshop, we will engage in all six of our senses and learn how to become "awake" in our bodies and to interpret the wisdom of our sensory experiences.

Sunday, January 11, 2009; 1-5pm

Your Body Speaks: Inner Wisdom

What does it feel like in your body when you resonate with an idea, thought, or feeling? How do you know when your body is giving you important information? In this inner wisdom workshop, we will explore the power of our six chakra, the chakra of intuition and inner knowing. Using writing, guided visualizations, muscle testing, and pendulum work, we will tap into the body's hidden wisdom.

Sunday, April 12, 2008; 1-5pm

You, Yourself, & You: The Self-Portrait

In this hands-on art workshop, we will explore the self in three parts: past self, present self, and future self. Using collage as our medium, we will cut and paste together meaningful images of who we once were, who we are now, and who we wish to be. Feel free to bring meaningful images you've collected.



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