

Rising Bird Healing Arts presents

Six Senses Workshop

Sunday, October 19, 2008; 1:00–5:00pm



“When we pay attention to the information we receive through all of our senses, we respond more instinctively and therefore more honestly. When we are living naturally in our bodies, our aesthetic nature is free to enjoy life. Every experience has *physicality*. Space and texture, smell and sound, light and shadow become treasured companions.”

– Johanna Putnoi, *Senses Wide Open*

When we smell, hear, taste, touch, see, and intuit, we take in the world around us. We process information, feel emotions deeply, and experience pleasure and pain. We also can feel overwhelmed by sensory stimulation and in turn shut off our sensors.

Imagine feeling more connected to your body's messages; imagine tapping into your inner wisdom and creativity, and letting go of doubt and fear. By engaging in 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.

In this workshop, we will...

- Engage in all six of our senses and learn how to become “awake” in our bodies.
- Interpret the wisdom of our sensory experiences as a powerful form of feedback.
- Uncover which of our senses are keenly awake and which seem to be hibernating.
- Explore how being a highly sensitive person can influence how we react to sensory input.
- Learn how tapping into our senses on a daily basis leads to more joyful, fulfilling experiences.

Think of this workshop as a full-body immersion and an experiential play day. You will eat and drink, pamper your body, smell divergent and interesting scents, listen to and create sounds, relax deeply for guided visualization and meditation, experience giving and receiving touch, play with color, and tap into your body's natural system of intuition and inner knowing.

This workshop series is facilitated by **Courtney Putnam, MFA, LMP** and will be held at **Rising Bird Healing Arts** in the Roosevelt District of Seattle. **Cost:** \$80. *Cash, checks, and credit cards accepted.* **To Register:** Email Courtney at cputnam@rising-bird.com.

Rising Bird Healing Arts

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