

EMBODIED RESISTANCE 1-DAY INTRO COURSE

Somatics + Social Change

Somatic movement,
practice, song, and
connection to explore
the role that our bodies
play in building a
different future
and world.

DATE

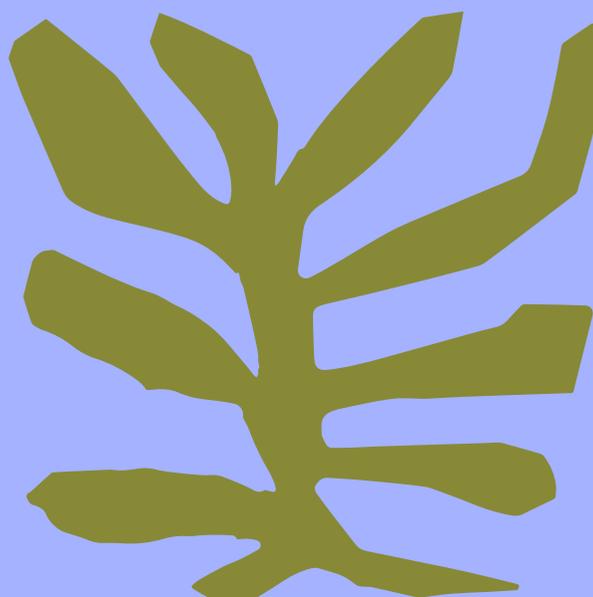
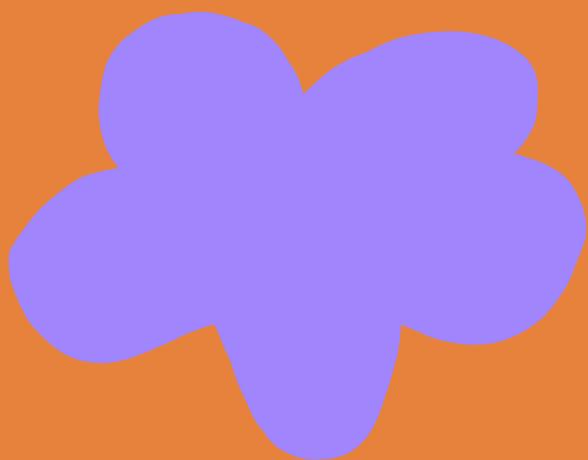
FEB 22

START

10AM-4PM

WHERE

GAINESVILLE, FL



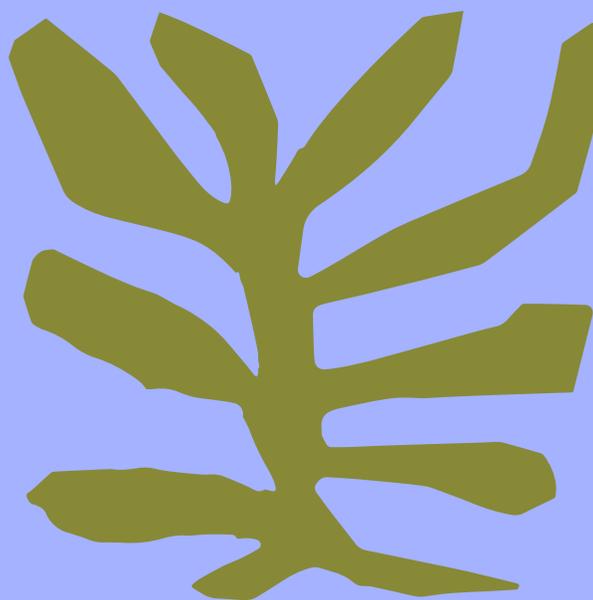
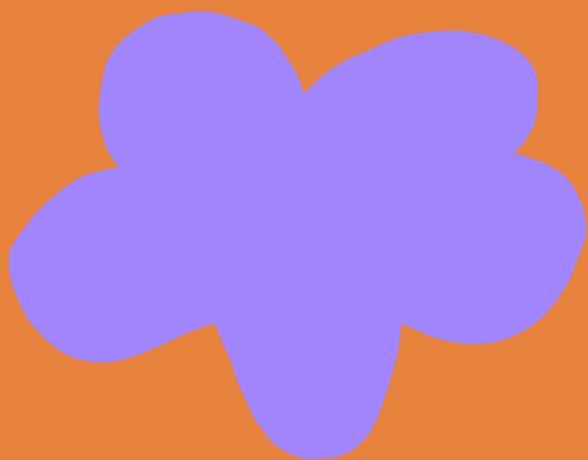
Learn more at bit.ly/ERJFL225

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Gainesville, FL

This course is a preview of a longer forthcoming multiracial somatics course that will take place in Florida in 2026.

We will focus on foundational practices and concepts as well as building relationships.



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This course is for you if:

Somatics & Social Change

- ✓ *You want to deepen your embodied awareness, practice, and intuition from the body up*
- ✓ *You are interested in bringing your body/Somatics into action in your work and life*
- ✓ *You want a community of practice which will support you to keep exploring, letting your body reveal more depth, and unearthing your longings*
- ✓ *You are an activist, healer, or changemaker - this is a place for you to deepen and build your capacity and commitment to social and racial justice*

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Gainesville, FL

Lead Teachers



Dara Silverman



Adaku Utah