

This weekend workshop is a place to **RECHARGE YOU** through weaving of somatic practice, polyvagal exercises, free movement, nature's teachings, simple compassionate guidance, inspiring music and authentic connection in community.

- uniting ancient wisdom and evidence based science
- Learn practical, useable and insightful tools and practices for down regulation (relaxation) and positive up regulation (mobilising, energising and releasing stuck energy) inspired by the scientifically based Polyvagal Theory
- tone your polyvagal nervous system and connect deeply with nature within and the medicine and teachings of nature itself
- Develop the dynamic polarity between inner feminine and masculine energy and bring these energies into balance
- Receive Polyvagal Experiential practice worksheets tailored for this weekend workshop for getting to know and befriending your nervous system
- use simple somatic techniques such as shaking medicine and Movement Medicine practices for relaxation, energising and balancing
- Exclusive access to online Resource hub created for this workshop with Polyvagal resources / practices and Movement Medicine guided Practices

Movement Medicine is a dance practice that will reconnect you to the wisdom of living from you heart, will deepen your connection to true self, your creativity and your integrity as well as enliven your relationship with life on all levels. It has roots in indigenous shamanic wisdom as well as the latest neuroscience and therapeutic perspectives such as IFS, Polyvagal, Gestalt and Somatic Experiencing. This is all about meeting these times resourced and self connected, rather than from a self protective posture. You will be given simple, short practices to tone your nervous system (like toning muscles) towards empowered relaxation through the lens of the Polyvagal perspective of Deb Dana and Dr. Porges. Cultivate a deeper connection to nature and the profound importance of developing a stronger Compassionate 'Inner witness'

INFORMATION ABOUT: ~~The deeply informative work of Movement Medicine and Polyvagal Theory developed by Dr. Stephen Porges and Deb Dana.

This course will contain:

Resources of connection to somatic intelligence and medicine of movement

A neuroscience perspective of our capacity to create real, long lasting inner change.

Science backed efficacy of Polyvagal practices to tone your nervous system

The vibrant inspiration and alonsidness of a small community to explore the power of practice

**Venue: Valletta Campus Theatre VCT( ex MITP)**

**VGX8+C8C, St. Christopher's Street, Il-Belt Valletta**

**Price:** Earlybird €170 | €190 full price (earlybird ends Oct 15th) €25 for open evening

**Times:** Saturday 10:00 - 18:00 | Sunday 10:30 - 17:00 | Fri Open Evening 19:00 - 21:00

**Contact: Audra Micallef [audramic@gmail.com](mailto:audramic@gmail.com)**

David is such a genuinely kind person with a big heart. He holds a gentle and safe yet firm and steady container for the process. He is very knowledgeable and capable, yet humble, open and willing to learn more from his students. He is a gifted and generous guide.

What a profound adventure of waking up the whole body and discovering the unique dancer within you, always there waiting to be found. Dare to journey...

— Sonja, Athlone, Wicklow

**David Mooney from Ireland**

**Movement Medicine Apprenticeship Teacher**

**Psychotherapist, Red Path follower**

**Internal Family Systems and Polyvagal**

**trained**

**[www.embodiment.ie](http://www.embodiment.ie)**

