

Wisdom of the Moving Body

with Paula Josa-Jones MA, CMA, RSMET, SEP

Learn to enjoy your expressive body, expansive mind and easeful life.

Somatic Movement Therapy

deepens our connection to the body through conscious movement, breath, touch, and imagery. By cultivating an improvisational spirit of exploration and play, we open to greater expression and expansion. Moving mindfully with breath support and an understanding of fundamental movement principles restores qualities of openness, balance and flexibility to the body.

Somatic Experiencing®

is a body-oriented approach to the treatment of trauma and other stress disorders developed by Dr. Peter A. Levine. **SE** engages both body and mind, focusing on regulation and repair. By listening to the body and becoming curious about our emotional responses, we gain balance, calm and the ability to handle triggering events and stress. By establishing effective responses, we create better boundaries and a feeling of greater empowerment and ease in our daily lives.



For most people, movement is about going somewhere or doing something. In that busyness, much of the expressive world of our movement can be lost. We forget that we are **all** dancers. We forget to play! If you would like to experience more freedom, pleasure, confidence and ease in your body and mind, and a more conscious, dynamic and healthy relationship with yourself, I can help you.

For those who are struggling with the effects of trauma, including physical injury, loss, violence, addiction or medical concerns, I have found that mindful movement, breath and **Embodied Equine Experiencing™** can be transformative.

Paula Josa-Jones is a dance artist, movement educator and therapist. She is a **Certified Laban Movement Analyst** and a **Registered Somatic Movement Educator and Therapist**. She is also certified in **Somatic Experiencing®** and is a Guild-Certified **TTEAM** (Tellington TTouch Equine Awareness Method) practitioner. Paula has been profoundly influenced by her explorations and study of **Body-Mind Centering**, the work of Bonnie Bainbridge Cohen. Her book, **Our Horses, Ourselves: Discovering the Common Body** was published in 2017. Paula teaches and works privately with clients in her movement studio in Kent, CT and offers **Embodied Equine Experiencing™** sessions at Kross Creek Farm in Rhinebeck, NY. She is available for workshops, master classes and clinics.

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