

Spirit Of Anatomy

Program Author and Director Audicia Lynne Morley. RSMT/E, MRSS(T), RCST

"For the last 30 years I have been exploring holistic approaches to the Body, Movement and Health from both Eastern and Western perspectives.

The place that continues to astound me with its sheer beauty, intelligence and evolution is the BODY.

The focus of this program is to shed light, life and choices into some of our hidden anatomical beauty.

We will explore this through the arts and sciences, experiential practice and group sharing.

This is essentially an honouring process suitable for anyone interested in deepening their knowledge and relationship to the body ."



Having successfully completed the first Spirit of Anatomy program at State Theta Galleries I am preparing for a new exploration of this amazing journey into Life. *See testimonials below from last years participants.*

This year we will be extending the program to deepen into the embryological story and the archetypal movement patterns associated with each aspect of the journey through the body.

My personal process of teaching and sharing is to be in the mind of an explorer who is fascinated by the sheer beauty and intelligence of our bodies and its manifestation processes.

Intention for the Program.

To share with a dedicated group of people the amazing, beautiful and mostly hidden aspect of our physical selves in a creative, explorative and experiential caring environment.

We will be deepening our awareness of certain aspects of our anatomy and the stories behind our evolution to allow for new possibilities and potential in our everyday movement, life and more specific activities.

Attending to the body in this way can be deeply healing and inspirational, bringing more choices to our movement capacity which can unfold to other areas of our lives.

I will be weaving in principles, creative practices and experiential methods from the rich and diverse background of studies I have been exploring over the past ... many years.

For me to engage in awareness in this way is inspirational. I hope to open and share that lens with you.

Each month we will focus on a different anatomical structure of the body culminating in a process that integrates the whole and enlivens possibilities for creativity and visioning forward.

Aspects of the programme will include:

- Creative Movement Practice
- Body Mind Centering
- Experiential Anatomy
- Embryology
- Movement Shiatsu
- The Tamalpa Life Art Process
- Principles inspired by the Earth based Wisdom teachings of EHAMA.
- Transformational approaches to Leadership.

Each day will be structured with a balance of practical, theory, hands on, creativity, and transformational leadership approaches to support sharing and exploration.

Course Work

This is an optional component.

Personal journaling and attending to some of the resources offered during the program between sessions will help to create the container for the year.

Flow:

Following a journey of 1 weekend a month for 10 months

The program dovetails with the level 1 of the Tamalpa Life Art process, which explores the body parts.

Each distinct body part is explored through the lens of: embryology, anatomy, movement, personal mythology, creative processes, personal and group process.

Program Design (areas of exploration)

- Spine
- Head and Face
- Shoulders Arms Hands:
- Ribs & Upper Torso:
- Organs
- Pelvis
- Legs and Feet
- Endocrine System
- Integration - Creative processes
- Closing ceremony - Next Steps

Please note the order of exploration can shift

The program will be designed as a clear and distinct chapter of material each month, so it is possible to just do one day or attend when you can. You may wish to catch up with the other days through tutorials to help build up the whole picture.

Tutorials for Missed Days

For those on the whole 10 day program, if you have missed a day due to illness and have paid for the whole program, I offer a free 60 min tutorial to help you orientate to the materials and work covered. This can be done in person or via SKYPE. If you miss more than one weekend a fee may apply for a catch up tutorial.

For those on part of the program

If you would like to have a tutorial for a day you have not been able to attend and have not paid for you can do that either as an individual or a small group. Concession fees will apply if there is more than one of you booked in together. If you are interested in catching up with tutorials we can discuss this.

Ongoing research and development of supporting materials:

As part of my ongoing research, I will be gathering resources and feedback from those on the program to help support the development of written material.

This may then become a course book to support the future development of the work, and include simple creative explorations and practices that may be used to deepen the experience and connection to the body.

Whilst there is a structure to the program in terms of what we will focus on each month, this documentation will be evolving and collated as we go so that I can add and adapt the information with the new insights and resources that have developed through the work.

The program will support CPD, Postgraduate and Foundation requirements for Shiatsu, Tamalpa Life Art Process and other bodywork trainings.

Dates: 2015-16 to be confirmed.

I am gathering a group for the next program, I need between 6 and 12 people to run a program who are committed to the whole process.

If you are interested in attending the program please contact me.

Tel: 07868 705 908

Course Costs:

Course of 10 classes:

£1.200

Course of 5 classes:

£650

Drop in weekend workshop fee:

£140

Deposit for full program:

£120 to secure your place.

Payment plan of monthly instalments available.

Cheques should be made payable to **L.A Morley** and sent to:

The Halls, Main Street, Ormiston, East Lothian EH35 5HS.

For Bank Transfer details contact me.

Please let me know as soon as you are able if you are thinking of attending the program.

If you feel this might be interesting for anyone you know please circulate this document, and I am happy to support with additional information.

Warm wishes.

Audicia

Testimony from Spirit of Anatomy participants 2014:

The Spirit of Anatomy course has been a journey of self-discovery that has brought about deep understanding regarding the seen/unseen side of the body and its treasures. The work which unfolded created an opportunity for learning and change. Each workshop was a gem, held with a lot of respect for the participants, love for the subject matter and open-ness for what arose on the day. The beautiful environment of the centre offered a supportive space, where I felt nourished every time. I am grateful for the beautiful teachings, for the wisdom and for the support.

I would recommend this course to whoever has an interest in self-discovery through the body, understanding who they are, what they are made of and the untapped potential that lies hidden inside of us, ready to reveal itself through movement, listening, drawing and sharing, RP Spirit of Anatomy participants 2014:

The year long course I have just completed has been a great revelation because it has made me think about my relationship with my body, my whole self, and with people. I have learned that body intelligence can be expressed in myriads of ways and I was encouraged to explore body movement, body meditations, body work, journal writing, drawing and dialogue. I have gained confidence in all the above!!! Learning to appreciate the body. The physical form, the mind, the heart and soul that resides in the body, all this was something I knew but had never given much thought. It has had an impact in my yoga practice, just listening to the body in an intelligent way. Above all, this testimonial is a homage and tribute to Audicia, who's facilitation was Sensitive, listening, flexible and enthusiastic and to the incredible group of people I found myself amongst. I was amazed at how much I learned by listening to my fellow participants' life stories, by being a part of that life story, the whole spectrum of emotions visiting more than once. There were some touching moments, some funny moments, happiness, grief, laughter and tiredness, but never a dull moment, always learning, always growing. Spending my Sunday in the company of such incredible people, in the beauty and tranquillity of a fantastic creative space, I am super happy that I was part of that. CS Spirit of Anatomy participants 2014: