



# Authentic Movement with Mary Francis Hoffman

## Nature as Mentor, Mirror and Friend

Sunday, Feb 7, 21, and Mar 6, 2016; 2 - 5pm \$35 for one or \$89 for all

Get in touch with the Nature of your Nature. Through this moving meditation practice, discover your **fluid** self, **earthy** self and the **fire within** that drives your passions and purpose! Authentic Movement gives greater clarity to our “inner witness. We think of our ”witness” as that aspect of ourselves that is always (calmly and without judgment) watching all that we do. We can gain great insights by learning to listen to this “inner witness”. Through this moving meditation dance, we reflect on our internal transitions and begin to perceive and embody our divinity within. Mary Francis emphasizes breath and movement in all workshops. There will be some incorporation of expressive arts through drawing and the use of chinks and some journaling.

- On February 7th, we will explore our **fluid self**.
- On February 21st, we will ground into our **earthiness**.
- On March 6th we will work with our **fire self** that drives our passions and purpose.

Mary Francis Hoffman will be offering private sessions for \$80 an hour. These sessions are geared toward deepening an understanding of the witness that lives within, and also deep connections with our mind - body - spirit. Please call Still & Moving Center to schedule your session.



Still & Moving Center

1024 Queen St, Honolulu, HI 96814

[www.stillandmovingcenter.com](http://www.stillandmovingcenter.com) 808 397 7678