

# AMBER GRAY

## **Restoring Core Rhythmicity: A Trauma-informed Framework for Dancing, Moving & Breathing**

This two day workshop is a thorough, embodied, diverse introduction to the effects of traumatic experiences on the human body and its primary language of movement.

A combination of basic theory, neuro-scientific evidence and rich, varied somatic, movement and dance-based experientials will support participants to integrate trauma-informed wisdom into their work.

Amber Gray is a licensed mental health professional and psychotherapist who has worked clinically with survivors of organised violence, torture, war and combat related trauma, natural disaster, ritual abuse, domestic violence and community violence for over fifteen years.

*Community  
of Calm*

Sydney Workshop 2/3 May 2020

Earlybird \$385 or \$425

Booking info: [mindfulmovementpractice@gmail.com](mailto:mindfulmovementpractice@gmail.com)