



## **Authentic Movement**

**June 9, and June 30**  
**7- 9pm**

**New Seattle Massage: 4519 ½ University Way NE**  
**[info@authenticmovementseattle.com](mailto:info@authenticmovementseattle.com)**

**Tuition: \$40 to drop in, \$70 for both classes.**

**No prior experience with authentic movement is necessary.**

Authentic Movement is a form of dance/movement therapy in which one moves in the presence of a compassionate witness. With eyes closed, the mover turns attention inside and moves from her deepest felt impulses.

**Email class dates to**

**[info@authenticmovementseattle.com](mailto:info@authenticmovementseattle.com)**

**Pay by check or PayPal to:**

Checks	Shannon McCall P.O. Box 75283 Seattle, WA 98175
PayPal	<a href="mailto:bhavayogaveda@gmail.com">bhavayogaveda@gmail.com</a>

We invite you into an experience of inhabiting your body in the presence of a loving community/witness and moving into the possibility of finding home within your very soma while witnessing another do the same.

For more information  
call:

Shannon: 206-412-8784

Nancy: 206-979-9743



Shannon McCall, E-RYT, CAP is a long time yoga teacher, retreat leader and Ayurveda practitioner with a rich background spanning more than 3 decades in the study of yoga, authentic movement, Tibetan and Western Meditation, Eastern and Western Psychology, Ayurveda and Writing. She is a mother, educator, and lover of the sacred.  
[www.livingintobalance.com](http://www.livingintobalance.com)



Nancy Goldov, PsyD, BC-DMT is a licensed psychologist, board certified-dance/movement therapist and a psychologist-consultant to the Seattle Film Institute. In her private practice she provides psychotherapy, dance/movement therapy, EMDR, supervision for creativity based therapists, and learning disabilities assessments. She is a mother, musician, writer, yoga mover, swimmer, and folk dancer.  
[www.nancygoldov.com](http://www.nancygoldov.com)

*In this circle, we will come together, create sacred space and explore our deepest impulse to move from a felt-sense place within. One of our greatest longings is to be and to be seen accurately, free from our inhibitions, and free from the projections of others.*

*Discover the feeling of freedom when we give ourselves permission to take ownership of our own experience, whatever it is, and to communicate from the place of “I” without needing to interpret, analyze, judge or fix oneself or another. As a mover, we are free to simply be with our bodily experience and allow its expression. As a witness we are free to simply be present to our felt experience as the mover moves.*

Past participants in these groups have had very deep and positive experiences as mover and witness. Although initially a little frightening to close one's eyes and be seen moving, the overwhelming majority of participants find the experience of moving and witnessing deeply rewarding and transformational.