



True Body Leadership Training

What Language Does the Body Speak?

Schedule

NOTE: We encourage as full participation as you are able, yet understand if there are times you need to miss. Just let us know.

Pre-reading: [Thomas Hanna's Somatics](#)

Friday, August 3rd

6:00 - 8:30 pm - [Wave Pool Gallery](#)

True Body immersion, experiential session including somatic sensing work, meditation, writing prompts and partner work. Settling in to ourselves and each other.

Saturday, August 4th

9:00 am - 5:00 pm - Wave Pool

9:00 am - 12:00 pm

Review Goals/Objectives

Review Curriculum and tools.

Experiential movement, meditation and observation practice

How to hold space.

12:00 - 1:00 pm

Lunch break

1:00 - 2:00 pm

Experiential session #2

2:00 - 5:00 pm

More body work. Understanding the key somatic concepts.

Evening

[Price Hill Creative Community Festival](#)

Sunday, August 5th

9:00 am - 4:00 pm - Wave Pool

9:00 am - 12 pm*

Redefining Trauma - how stress and trauma habituate in the body and essential somatic exercises to do help integrate mind, body and emotion. Neurobiology and identity development primer.

12:00 - 1:00 pm

Lunch break

1:00 - 2:00 pm

Experiential session #3

2:00 pm - 4 pm

Synthesis, questions, more practice of self and relational attunement.

Monday, August 6

7:30 - 8:30 am

City Silence, Washington Park

11:30 - 1 pm

Lunch and social enterprise/social practice panel at [Contemporary Arts Center](#). Learn how individuals are integrating art and connectedness practices into the fiber of life. Moderated by Cal Cullen, Wave Pool.

Tuesday, August 7

7:30 - 8:30 am

City Silence, Washington Park

9:30-10:30 am

True Body Class for Moms/Kids at Wave Pool.

Evening

Design Thinking and community learning. How [Design Impact](#) uses empathic techniques to solve social problems. With Sarah Corlett. Location TBA.

Wednesday, August 8th

7:30 - 8:30 am

City Silence, Washington Park

11:30 - 1 pm

[Camp Washington Urban Farm](#). Lunch and learning about urban farming, River City Correctional connection, food deserts and more.

Thursday, August 9th

7:30 - 8:30 am

City Silence, Washington Park

9:30-10:30 am

True Body Class for Moms/Kids at Wave Pool.

Evening

Tentative: Participant Siri Imani and Triibe perform and share about their community work.

Friday, January 26th

7:30 - 8:30 am

City Silence, Washington Park

11:30 am - 1:30 pm

Findlay Market. Food mandala, feast, community share. Closing.

*Can also be attended as stand-alone session for \$90 per person.