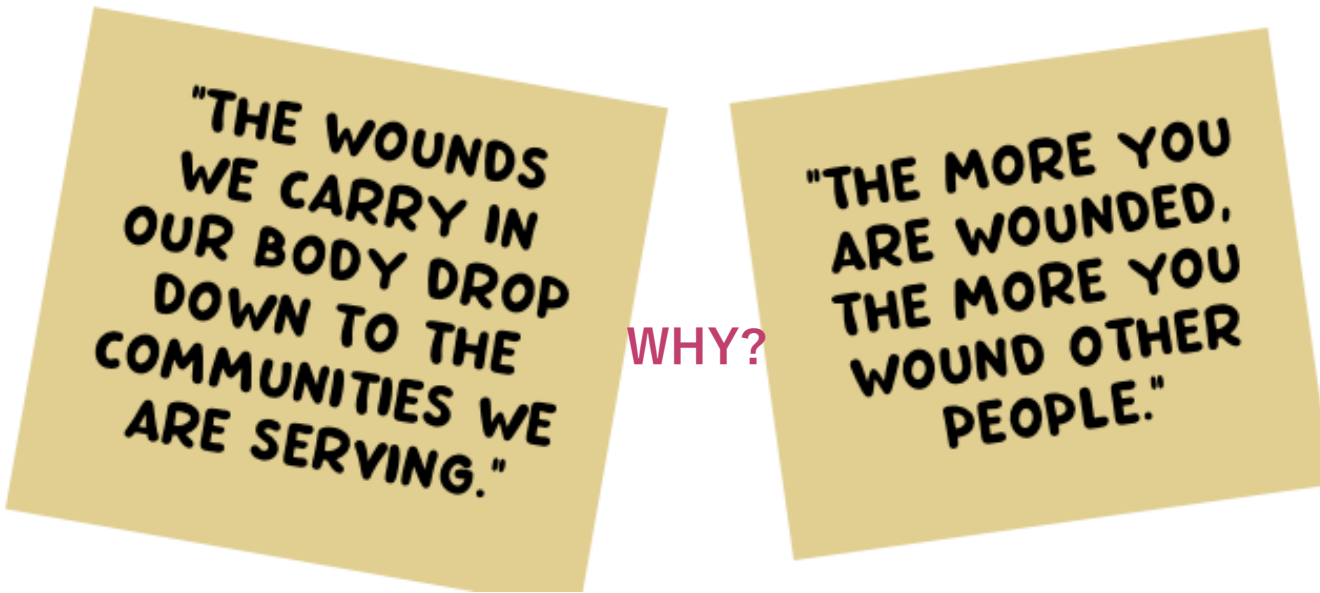
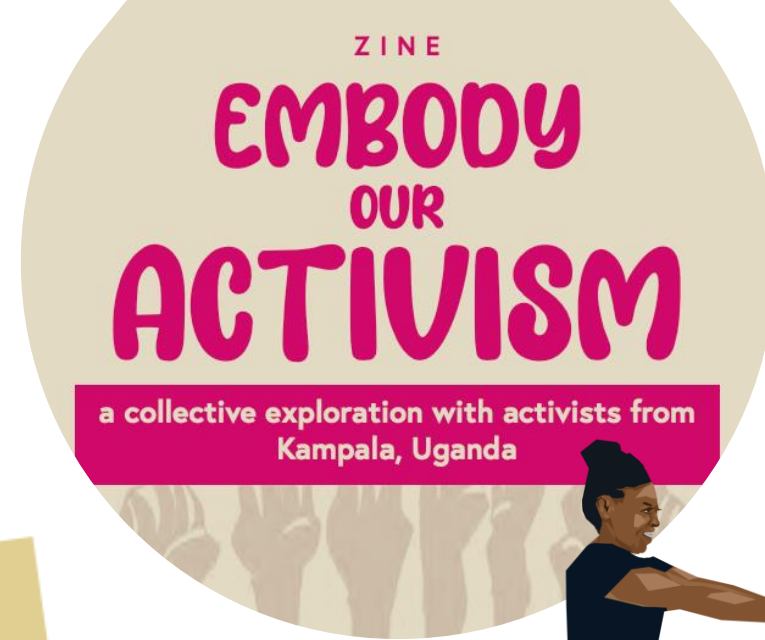


## WHAT?

Two days of participatory workshops with 30 activists to:

- Explore what it means to 'Embody our Activism' –and what stops us from fully loving ourselves?
- Have an experience of safely inhabiting our bodies and connecting to each another – what does it feel like?
- Gain practical ideas of how we can become more embodied to strengthen our movements from the inside out



## Our Collective Vision

Embodying our Activism is about healing our bodies and tending to the suffering and traumas in our body. Embodying our Activism emphasizes the act of listening to the body and listening (connecting) to the space around us. It is about feeling into our wholeness, so we can project that wholeness outwards and lead with that wholeness in our communities.