

# Tamalpa Bodying

## A Life/Art Dance

### *New Ways of Moving*

*Thursdays, May 17–June 7, 7:30–9:15pm*

*\$60 Series / \$17 drop-in / Regular Class Card*

Join Maria Luisa and Rosario as they present Tamalpa Bodying at The Loft SF. While this is designed as a series woven together with a theme, students are welcome to drop in to single classes. Each Tamalpa Bodying class begins with a led somatic practice based on Anna Halprin's Movement Ritual that develops body awareness and teaches organic ways of moving. Classes also include personal and collective creative explorations in dance, drawing, and writing. Through these classes, we will actively identify and expand inner resources, change habitual patterns of response, and develop a healthier relationship with our body/life through:

- **Expanding** your range of expression.
- **Discovering** the connection between physical sensations, emotions and thinking processes.
- **Experiencing** your body's unique way of aligning with the world.
- **Thriving** in the limitless creative potential of your body/life.
- **Bridging** life and art as an everyday dance.

*FREE Class: Thursday, April 26, 7:30–9:15pm*

*(pre-register for the free class at [www.bayareandw.org](http://www.bayareandw.org);*

*pre-register for the series at [www.thelofts.com](http://www.thelofts.com))*

**Maria Luisa Diaz de Leon** M.A., RSMT/E, was born in Guadalajara, Mexico where she obtained her degree on Psychology. She is a Certified Halprin Practitioner and Associate Teacher of the Tamalpa Institute. She conducts Tamalpa Life/Art classes and workshops internationally. For Maria Luisa, listening to the body leads to both awareness and transformation.

**Rosario Sammartino** M.A. was born in Buenos Aires, Argentina. Her interest and passion for dance and psychology brought her into the field of Expressive Arts Therapy. She is a Movement-Psychotherapist and currently pursuing a PhD. in Somatic Psychology. She is an Associate Teacher of the Tamalpa Institute, CA. Rosario maintains a private practice and offers classes and workshops in the Tamalpa life/art process in California and Latin America.

**Bodying** is an innovative application of the Tamalpa Life/Art Process®, developed by Daria Halprin, which facilitates, promotes, and leads to creative ways to improve our life.

**BODYING IS SOMA.** Through movement/dance our body image becomes a living reality...

**BODYING IS EMOTION.** Through drawing and sound we tone and shape the stories that want to be told...

**BODYING IS MIND.** Creative writing and reflections integrate the somatic experience into our everyday life...