



in our bodies - on the streets
personal and social transformation
a 5-day training for grassroots activists
in central eastern europe and caucasus



Sun, April 30 - Sat, May 6, 2023
Máriaalom, northwest of Budapest, Hungary
<https://somatics4activism.noblogs.org>

Application and full-time attendance required. Application deadline: March 1

Healing and social justice are interdependent: we need both personal and systemic change to create the world we want. Our movements have many strengths and are filled with deeply committed people. We also experience high levels of burnout, conflict, trauma, shame and blame, hopelessness and disconnection, as well as ongoing repression and state violence. Trauma and oppression impact our work, often leaving us reactive, isolated and overwhelmed. In order to build powerful movements towards radical social change it is important for us to work on ourselves and our collectives so that we can bring the full capacity of our whole beings, our brains, hearts and guts to our political work.

This course offers the opportunity to practice:

- staying deeply connected to ourselves, others and our purpose
- producing effective action under pressure
- cultivating resilience: our capacity to renew ourselves during and after difficult times
- staying present with deep emotion
- orienting towards healing what holds us back
- using power effectively and accountably
- staying close to our values inside of our political work
- collaborating effectively
- navigating contradictions
- setting effective boundaries
- deepening mutual connection
- setting bold visions
- noticing the impact of privilege and oppression while shifting to liberatory practices
- building powerful movements together



Why include the body?

Changing our thinking alone is not enough to bring about the personal and political transformation that we seek. We live our entire lives from our bodies – our relationships, our activism, our physical activities, our creativity. Our bodies hold our deepest reactions and behaviors, both ones that align with our values and ones that do not. We need to address unhelpful ways the larger systems around us have shaped us personally, and build the collective power to shape those systems back – towards a world that is respectful to life.

We all have what we call “conditioned tendencies” that have been useful at some point in the past but

now get in our way, both in our personal life and in our political work. Fear that paralyzes us, triggers that make us angry or run away, situations where we space out or get stressed, pressure that make it hard to think or to stay relaxed and connected. Somatics offers practical ways to inhabit our lives and our power in our political work more fully over time, through practice.

What is generative somatics?

generative somatics is a body-based methodology that supports individual and social transformation. Based in Oakland, California, *generative somatics* trains activists, social justice organizations and healing practitioners throughout the U.S. It has been introduced in Europe since 2015. By “generative” we mean finding new options in areas of our lives and work in which we feel stuck. “Somatics” is derived from the the Greek word “soma” which means “the living organism in its wholeness” – we look at the whole being versus seeing human beings just as mental brains steering a mechanical body. Through body-based awareness, skill-building practices, and healing processes, it is possible to create lasting change and new actions under the same old pressures, both individually and collectively. *generative somatics* combines dynamics from modern western psychology, findings in neuroscience, mindfulness, the martial art of aikido and liberation politics.

Course Details:

This course is geared towards grassroots activists mainly from Central Eastern Europe. Around 25 people, accepted through application, will spend 5 full days in Hungary together working on personal and collective transformation. The course will be held in accessible International English.

Who is this course for?

Everybody involved with grassroots struggles within Central Eastern Europe and Caucasus is welcome to apply. Applications from Applications from systemically underrepresented groups within activist communities are especially invited.

Trainers:

The course is led by Gesine Wenzel, Hilary Moore, and Asia Bordowa, Ela Me and Jael Rollin, three teachers in training from Central Eastern Europe. All have a long history of involvement in grassroots struggles. Gesine and Hilary are part of the *generative somatics* teaching team in the US. You will find full trainer's bios on the blog.

Logistics:

The training will be held April 30 - May 6 in Biofalu, a retreat place in Máriahalom, Pataksor u. 12., Hungary), located 45km km northwest of Budapest, Accomodation and Food will be provided.

Finances:

We hold a strong commitment to making this training accessible to participants regardless of their ability to pay. At the same time we need to cover the costs of the course. We are currently applying for additional funding, but will still need contributions from participants. We are offering a sliding scale of 50-500 € in order to be as inclusive as possible. Please pay as much as you honestly can. Do not hesitate to contact us if you need support for travel costs or if money stops you from coming.

Please have a look at the blog. We would love to have you!



More information and application:
<https://somatics4activism.noblogs.org>
Contact: inourbodies_onthestreets@riseup.net

