



Invitation to Participate In Weekly Online Yoga Sessions Focusing On Impulse in Creativity, Stress and Trauma Awareness and Embodied Experience.

I am looking for 8 to 10 participants to participate in online yoga sessions for 6 weeks.

- Sessions will happen twice a week and will continue strictly according to schedule (agreed with successful applicants)
- Twice a month we will have additional meetings online, sharing the experience of the sessions, discussing and creating in a safe environment.

Through these sessions we will explore full body awareness, yoga philosophy, breath, movement and presence to everything that arises. We will also play with creative impulses that arise when we are present with anything that comes in a moment. We will document and use those creative instincts for further creation.

Start date: September 3rd to October 20th

Duration: 1.5 month

Place: Online, via Zoom platform

Who: Priority is given to dance artists, performers, actors, poets, writers, but non-artists are welcome to apply.

Requirements for participation:

- dedication to the sessions - an agreement will be given to sign prior to the sessions.
- curiosity and motivation - genuine wish to explore the topic and themselves.
- familiarity with any kind of therapy is seen as an advantage.

Application deadline: Monday 31 August

Application form: <https://forms.gle/J3MniL1LuEiFT7529>

More info about background scientific theories explored during the process:

Current timing of the pandemic brought us to experience collective trauma. Many of us have experienced some sort of traumatic experiences that are still unreleased and stuck in our bodies; a response to those things usually is to go into a shutdown mode. Loss of connection also includes

losing connection with our bodies, loss of awareness, difficulty to stay present, numbness with our emotions and feelings, loss of creativity or even ability to use our imagination.

Latest science includes more and more increasing collaborations and close studies with spiritual practices, as there they find many similarities. More and more scientists and psychotherapists include yoga practice, mindfulness, awareness training in healing trauma. They understand that in healing trauma, cognitive therapy is not enough, trauma healing is a fully embodied experience, so it has to be looked at holistically.

Polyvagal theory, developed by behavioural neuroscientist Stephen Porges explains great interconnectedness between sympathetic nervous system and parasympathetic - one is responsible for activation and another for relaxation.

In the system of hierarchy, there are three nervous systems:

- Parasympathetic Ventral Vagus. System of safety, connection, health, growth, restoration, creativity.
- Sympathetic. System of mobilization. Fight or flight response, protection through action.
- Parasympathetic Dorsal Vagus. System of immobilization. Protection through disappearing.

As a result of any traumatic experiences, ongoing stress or PTSD, our nervous system has a tendency to immobilize. If this state continues for longer time, it leads to anxiety, depression, detachment, loss of connection, fear, insecurity. It also sends false responses to our sympathetic nervous system, so we might experience senses such as numbness in the body, apathy, fatigue, or even more serious physiological disorders.

To bring ourselves to a state of safety and connection we need to mobilize. That requires full body participation. To bring our bodies, mind and spirit to collaborate we need to bring awareness to our sensations, emotions, feelings, social interactions, responses, thoughts, etc. We will explore how yoga practice can be offered as one of the pathways to safety, connection, creativity and embodiment.

Looking forward to hearing your questions and thoughts

Živilė Virkutytė, August 2020

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