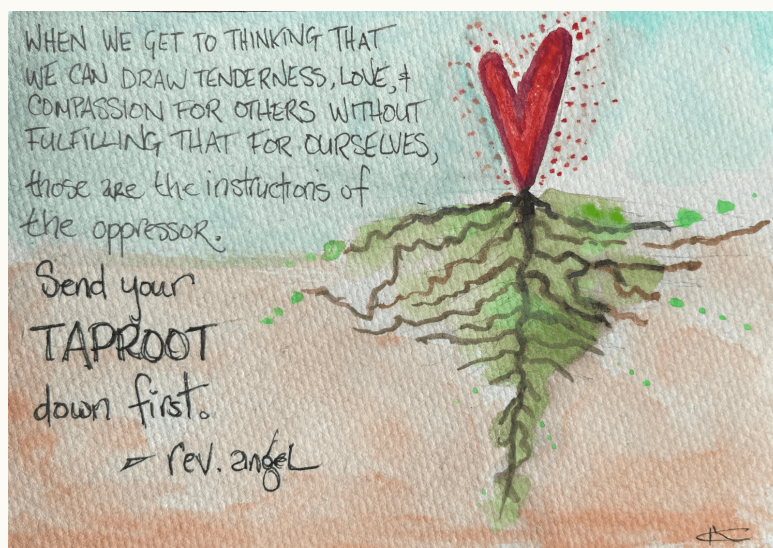


Day 1: Why Embodiment

Embodiment is the final frontier for every aspect of our lives from personal, to professional, to political. An Embodied Social Justice is **the** lens we need to look through to transform how we do healing, advocacy, work from the grassroots to the front lines, to the backrooms.

What can you release that has historically obscured the natural wisdom that lives in your body?

Ask your body all of the things it would like to say yes to. No need to direct or force an answer, just listen. What did you hear?



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My Notes: