

IF YOUR BODY COULD SPEAK,

# WHAT WOULD IT SAY?

**TAMALPA LIFE/ART PROCESS**

(MOVEMENT BASED-EXPRESSIVE  
ARTS WORKSHOP)

**WITH ELIZABETH BADDOUR**

We live in and through our bodies.

The body contains and reveals our entire life experience. It is through the body that our physical, emotional, mental and spiritual levels become connected.

This workshop introduces the Tamalpa Life/Art Process, an integrated approach that explores the wisdom of the body as expressed through movement, drawing, imagination, poetic writing and improvisational performance.

We use artistic processes to enter into Life/Art dialogues as a way to explore and deepen our relationship to our own personal stories. We create opportunities for reflection, as we investigate who we are now, and what changes we want to embody in our lives.

The workshop is open to anyone interested in tapping to their own creativity and resources. No previous experience in the arts is necessary.



Elizabeth Baddour is an educator and a certified Movement-Based Expressive Art Therapist.

**WHERE:**

SOLUNA YOGA  
Rue du Môle 18,  
1201 Genève



**DATES:** Jul 27th 2018 & Aug. 10th 2018

**TIME:** 18:15 - 20:30

**FEE:** 70 CH

**FOR INFORMATION & REGISTRATION,  
PLEASE CONTACT:**

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