



Unwind and Renew Yourself for a fresh Return to School

Five-summer outdoor workshops in
movement for teachers and students *

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From July to September 2021, in Montreal

Full sequence recommended although each
workshop stands alone

<https://muzaeducation.com>



Somatic and reflexive workshops designed to unwind from COVID-year and accompany back-to-school season, inspired by a binational action-research conducted during COVID-19 pandemic period.

Themes tackled: relationship to one's own self (body), others, time, space, technologies, institutions

Mobilization of specific actions to foster a solid return to school and university in a renewed posture, after many months of distancing from one another and experiencing constraints.

Sequence of five 2-hour workshops, from 9AM to 11AM

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|---------------------------|-----------------------------|
| 1. Tuesday July 6 2021 | Centering, Anchoring |
| 2. Thursday July 8 2021 | Expelling |
| 3. Tuesday July 13 2021 | Calming down |
| 4. Thursday July 15 2021 | Occupying Space |
| 5. Saturday Sept. 18 2021 | Opening up to Others |

Outdoor workshops on Mount Royal or, in case of rain, in a studio in the Mile-End, Montreal

Participation: 25 \$ per workshop; from 2 workshops : 20 \$

Information and registration : admin@muzaeducation.com

Explorations in movement, combined with reflection exercises, will engage you to perform specific actions for a fresh return with vitality to school or university.

* Our work takes roots in the fields of study of teaching and training. Our mentoring approach and themes tackled can also be beneficial for everyone wishing to strengthening his or her professional or personal actions, including study projects.

Sequence of Actions

1. Centering, Anchoring

2. Expelling

3. Calming down

4. Occupying Space

5. Opening up to Others

