



# Women Spirit and Imagination

Fall Series, Session Six

Wednesday, October 30, 7-9 pm, in the East Wing

As the Spirit Moves You - led by Cathy Paine

Giving Ourselves Permission

Why do you move your body the way you do? What does it mean? How does it feel?

This is a movement workshop for anyone, regardless of your current physical health or mobility. Even if the thought of “dancing” in front of others makes you cringe, you are guaranteed to have fun. By encouraging each other we will create a safe space in which to try something new.

The exercises and structured improvisations are simple yet thought-provoking; and through them we will practice the quiet arts of observing, listening, imagining and moving. Experiences, memories and dreams may also provide inspiration for our various movement collaborations. Our shared creativity will guide us each to a deeper awareness of “self.”



Cathy Paine has been a dancer and movement detective for almost 69 years. As a professional dancer/choreographer, she presented, taught, and performed her work throughout the U.S., England, Germany and Hong Kong. Cathy holds a Master's degree from UCLA and has been a practicing *Guild Certified Feldenkrais Teacher* for 22 years. Her lifelong compulsion to **move** has led her to some strange and occasionally uncomfortable places...but she wouldn't have changed a thing. Cathy has taught numerous creative movement/voice workshops for adults, and hopes you will join her in this one!

**Register** for some or all of the series: [tucwomen@uwestport.com](mailto:tucwomen@uwestport.com)



**TUCWomen**

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