



Rena Milgrom - Embodied Art Activism



Take an inspiring journey with Somatic Dance Movement Therapist and creator of the Conscious Body Program- Rena Milgrom, as she recounts her group experience with 'My Body as the Valley' workshop, as a means of exploring somatics; encouraging us to develop a relationship and a dialogue with our immediate environment.

TOP EMBODIMENT TIP: How do we become more embodied? Bring it back to the essence, the basics, the breath. Are the cells that your body is composed of expanding and compressing? Sense that. All of the senses are embodiment. Enjoy that.

Somatic Work and the Changing Paradigm:

- **Somatic work creates a valuable interconnectedness that serves to provide co-regulation and self-regulation within a shifting framework between us and our environment.**
- As humans try to integrate new ideas regarding sustainability and living politics, in a culture that largely values “winning” over nature, we become more and more disconnected from ourselves, which also disconnects us from our environment. The more we are able to take time to witness, the more we are able to be witnessed.
- This dialogue with nature opens our senses, provides nourishment and information. If we start with ourselves, we can then move deeper and begin to ask what does it mean (to the world) to be a better person? As we open these sensorial channels, we develop a heart-based-knowing and fall in love with nature.

Accessing Sensory Information: **Every time you touch something, you are receiving information. When you are receiving, you are in relationship.**

- When we take the time to connect with our environment in an unscheduled way, just by being present in the moment, we are able to get into sensorial-mode. Connecting with the environment allows us to witness what is happening in our immediate environment. If we take the time to listen, poetic expression begins to form. Access to sensory information is always possible.

The Impact of Accessing Sensory Information:

- **As we creatively participate in our environments, we are then forced to accept the temporal nature of living.**
- When we embody the full experience- accessing the sensorial information in our environment- we connect deeply to all levels of joy, beauty, sadness, and ultimately, death. We are able to feel a deep sense of self on a cellular level, and as this dialogue expands, a process of integration begins to unfold. Then, we can begin to find meaningful practices that are resourceful, regenerative, and recuperative.
- If we accept that we don't control everything, that we don't know much, or need to know much, we can accept that it really doesn't matter.
- How do we enter interrelatedness? Slow down, surrender, listen, witness, and perceive. **We let go of fear and accept that we cannot control things, but only be with them.**

Resources:

- ❖ **Website:** <http://somatika.cz>



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.