



**Ophra Wolf:** Open Movement: The Power of Playful Embodiment to Shape Your Moment



Ophra Wolf is a somatic educator, performance artist, community activist. She is the owner of Force and Flow Integrated Bodywork -- a holistic health coaching practice that serves visionaries on the path to embodying their highest potential, a founder of the Newburgh Clean Water Project and a recipient of multiple grants in support of her community arts projects, including Newburgh Open Movement, The Dress Project, and the Suffrage Bike Parade. In this immersive session, discover the Open Movement method and how to find movement that feels good and organic to your body.

**TOP EMBODIMENT TIP:** An invitation to explore the pathway into a shared consciousness that relies on paying attention to what is and not imposing images from the outside -- Allowing images, sensations, images to arrive and moving with them and playing when they do rather than imposing from the outside.

Exploring Open Movement

- Ophra loves playing with other people in time and space and experiencing what unfolds; This is what she calls **Open Movement**, combining things from the world of Qigong, contemporary dance, improvisation, and other tools/games to arrive in the moment to a place that makes you feel like you have agency/choice to experience pleasure or curiosity no matter what is going on.

Explore your Appetite for Movement and Stillness

- **Responding to what is and noticing what is right for YOU in relation to other people's movements.**  
We don't need to come ready with any answers/level of ability; We are just here to observe and respond to our appetite/desire for how much, how little, when, with whom...
- **Play!** Try to access the consciousness and connection to what is happening not just in you alone, but what happens in the space between us. Be there to play with it, notice it, step into it and see what is your appetite at any given moment to engage.
- **Welcome the eb and tide between what will please you right now, and what is going on over there.**  
Observe others: Maybe there is something interesting you want to try, or maybe you want to do your own thing.

Resources

- ❖ **Website:** [OphraWolf.com](http://OphraWolf.com)
- ❖ **Facebook:** [Strange Temple Group](https://www.facebook.com/StrangeTempleGroup)



## Ophra Wolf





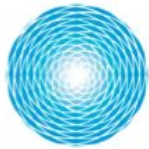
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