



Panel Discussion: Art And Play as a Channel for Social Change



Learn from the experiences of these four leading practitioners who use play as a medium- through which we can affect healing, transformation and social change.

Top Embodiment Tips:

Rachel: Be what you want to see in the world; learn a way to live that.

Lucie: Feel your feet on the ground and allow yourself to deeply breathe.

Fred: Don't grab the world; embrace the world and let the world embrace you.

Bonface: Learn to focus on the beauty around us, play theatre games, dance and let your creative self flow from your soul.

Rachel Sparks: Latin & Ballroom Dance teacher, Embodiment Coach and Facilitator

- Teaches dance with a focus on gender-neutral partnering; we all have the potential to both lead and follow.
- Encourages social change that starts from within; knowing our own 'Yes' and 'No.'
- Creates performance-based pieces on Queer Identity with dance partner Henry.
- Is passionate about social change; that people see possibilities outside the traditional hetero-normative model.

Bonface Beti: African theatre-maker working at the intersection of trauma, wellbeing, resilience practices and social justice

- Studied Masters in Peace and Conflict in Winnipeg, Canada.
- Uses embodied theatre to support people making transitions from street life to integration.
- Formed a student collective which uses theatre performance to express a response to ethnic conflict.
- Has worked with [Green String Network](#); they take a trauma-informed peacebuilding approach to address complex and protracted violence.

Lucie Nerot: Founding member of [Open Floor International](#) and trained 5Rhythms® teacher; guides groups and individuals internationally in the exploration of movement and dance.

- Nerot has worked extensively with teenagers in South East Asia.
- Creates space for participants to experience depth and joy in dance.
- Passionate about the social change and empowerment that arises when we build connection through dance across different abilities.

Fred Donaldson: Play specialist, aikidoist, author, and founder of [original play with children and wild animals](#).

- Experienced in working with children, for whom he noticed a common pattern of touch; essentially, love.
- Passionate about what we can learn from, and the transformative possibilities of play with animals.
- Distinguishes that play is not cultural- not an artifact of being human but is a gift from creation; it is universal.
- States that freedom arrives *only* when we can drop the categories with which we have learned to identify.



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Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

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