



Daria Halprin: The Body Moves ~ a Life-Art Dance



Daria Halprin is a leading pioneer in the field of movement, dance, and expressive art education and therapy; She is also a co-founder of the Tamalpa Institute! In this session, explore how your body speaks and how you can listen.

TOP EMBODIMENT TIP: Mapping our bodies enables us to explore ourselves somatically, therapeutically, and artistically.

Embodiment and Collective Anxiety: We are facing unusually challenging times, and embodiment practices can help.

- We are experiencing high levels of collective anxiety, fear, trauma, stress, and uncertainty. Daria wants to show some possibilities for using embodiment tools during these times, and highlights the importance of gathering socially through this conference, which makes it possible for us to connect. More than ever, we need to stay resilient and keep our creativity alive.

Embodiment is Not About Perfection: We do not need to achieve a state of perfect balance to practice embodiment.

- For Daria, embodiment is a verb, not a fixed state: it's a moving and changing process of becoming--becoming more aware, more present, more connected to the internal and external environment, more expressive--on the physical, emotional, and mental levels. Through embodiment, we become less reactive and more responsive.

The Body: Daria thinks of the body through the following metaphors:

- *Body as instrument* - the physical body needs somatic movement tuning so we can *feel* our bodies, not just *have* them.
- *Body as home* - our physical bodies store ALL of our life experiences--past, present, and future; here we can cultivate deep listening and mindful relationships with our life stories. "Body biography" is a cornerstone in Daria's work.

Body Mapping: Mapping our bodies enables us to explore ourselves somatically, therapeutically, and artistically.

- Body mapping was created as an aspect of the Tamalpa Life/Art Process. Each body part is like a chapter in the body's biography, with its own distinct physiological function and vocabulary of movement. Each body part finds resonances with archetypal metaphors that connect with our emotional experiences. The body mapping process is like creating a library of all of the body's physical, emotional, mental, and imaginal resources.

Tamalpa Experience: Daria leads participants through a Tamalpa Life/Art Process experience.

- Grounding and somatic tuning is followed by introduction to shoulder, arm, and hand movement vocabulary; which is followed by some free movement time supported by music. After the movement portion, participants have time to integrate movement through drawing and writing. Daria encourages folks to share their art/writing with someone they trust.

Resources:

- ❖ **Books:** [The Expressive Body in Life, Art, and Therapy: Working with Movement, Metaphor and Meaning \(2002\)](#)
- ❖ **Courses:** [Training Programs at Tamalpa Institute](#)
- ❖ **Website:** www.tamalpa.org
- ❖ **Social:** [@tamalpa](#), facebook.com/TamalpaInstitute/



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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