

Moving Grief

Moving Loss

Dr. Susan Bendix, PhD

A program of unusual depth and boldness for people experiencing loss or trauma

Moving Grief/Moving Loss is a series of vibrant life affirming workshops that connect participants to health, resilience, community and joy. Moving Grief/Moving Loss brings people home to their bodies through creative expression. In this workshop, story is embedded in gesture; feelings are explored through shape; line drawings visually map the course of loss; and ritual brings community together.

Moving Grief/Moving Loss invites the intense energy of loss to take expressive form through gesture, shape and voice. Using techniques from Somatic Experiencing™, dance, theater, improvisation and ritual, this work re-invigorates what we have instinctively understood for a long time; physical expression within community offers health and healing outcomes no pill or talk therapy alone can fully provide.



Moving Grief Moving Loss

connects participants to:

- A nurturing way to express difficult emotion
- Vital flow, energy, clarity, and balance
- The restorative power of moving in community

Moving Grief/Moving Loss is for anyone who has experienced loss or trauma of any type – whether recently or long ago, as well as those interested in the therapeutic use of expressive somatic arts.

Loss is a universal part of being human. Though acutely difficult, it holds opportunity for profound growth.

This workshop invites people of all ages. There is no need for any prior experience in dance or the arts.

If we go underneath the overwhelming emotions and touch into physical sensations, something quite profound occurs in our organism – there is a sense of flow, of “coming home.” – Peter Levine

“Susan Bendix is incredibly creative, drawing on her extensive experience and intuition to successfully engage all ages in experiencing the therapeutic, expressive and healing powers of movement and dance.”

– Dr. Naomi Jackson

“Susan’s workshops are transcendent; gently guiding participants through spirituality and community”

– Emily Matyas, photographer,
author



Dr. Susan Bendix is a dancer, choreographer, improvisational artist, dance scholar, and Zen practitioner. Additionally she is a Somatic Experiencing™ Practitioner and certified Mindfulness teacher. Susan’s interest in grief stems from personal experience and an understanding that loss, with all its complicated feelings, inhibits natural flow and creative expression. Susan has been working in movement-based grief therapy for over 20 years. She received an AZ Arts Commission grant to further develop and deepen this work. Susan’s dance focus includes Arts in Healthcare and Dance for Parkinson’s. She received a prestigious award for her groundbreaking work in dance education from the American Educational Research Association.

To learn more about details and pricing please contact Dr. Susan Bendix
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