

Erin Cooney  
Weds 4-7pm

**Shape Shifting with Care:** Dissolving the Illusion that care & love are constructs outside of ourselves

We will look at “self-care” and caring for one another through breathing, visualizing, movement, touching and plant work, identifying and strengthening boundaries, looking at them as opportunities or seeds and a way to cultivate care, and ways to shape containers large and small to activate ourselves individually and together as a community.

### **Week 1# Grounding / Embodiment**

- Grounding meditation that includes breathwork and visualizing
- Guided improv movement that incorporates vocalizing with moving
- Voice as movement

### **Week #2 Co-dependence vs. Interdependence**

- Parsing through the idea of these 2 terms, exploring the downside to the idea of “Co-dependence” - examining the binary and hyper-individualistic nuances and the inherent bias that all involved have same privilege (socially and personally) and how it can be anti-care and encourage criticism
- Leading into Interdependence where co-dependence can highlight the need to strength boundaries to benefit all, highlights modern addiction legacy.
- Looking at ways to encourage mutual support and recognize our need for others emotionally and to live. How can we navigate this without a tit for tat mentality, finding balance without an expectation of exact reciprocation
- Exercises to pivot towards the latter

### **Week #3 Deep Listening Practices**

- Meditations from Pauline Oliveros
- Looking at how to listen without usurping the situation through loving kindness and not trying to fix

### **Week #4 Plant Communion / Herbalism**

- Brief overview of common themes in herbalism
- Why was it so threatening to Christian colonialism and current big pharma?

- Exercises in ways of knowing and relating to plants

### **Week #5 Movement / Holding Space(Partner & Group) -**

- Looking at “Negative Capability” or “When a (person) is capable of being in uncertainties, mysteries, doubts without any irritable reaching after fact & reason” - how can we put this idea into practice in order to hold space?
- Movement exercises in partners that support and witness
- Written exercise in pairs: writing traits about yourself that you consider “positive & negative” that will be mirrored back by your partner

### **Week #6 What to do when there’s a “pinch”**

- Pinch exercises: coping mechanisms worksheet when we are upset by a group dynamic

