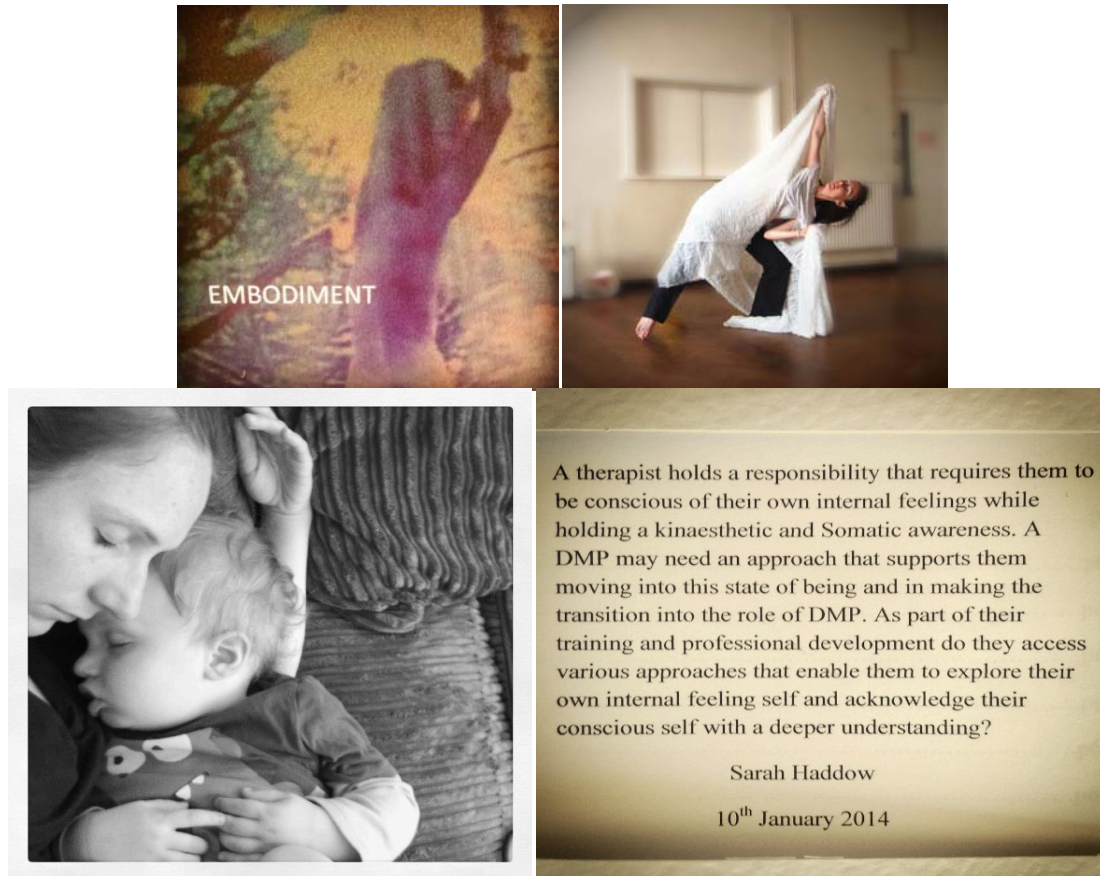


Embodied Narratives, attuned mirroring and empathy between each other.



‘The body I have has memories tattooed all over it, the emotion of the words weaves through and across my skin, revealing the feeling through my moods and emotions’
(Haddow, MA Dissertation, 2010).

Through many years of battling with my own relationship with my own body caused by trauma, a long-term eating disorder and disassociation and abuse, I continued to ask questions about how we find our home in our body, embodied, present, attunement. These questions led me to learn more about body-mind connection. Today when I dance I move with my body that I love, I can feel it, like together with my mind and body I speak to the rest of the world through the movement that takes place. I meet someone and I meet their eyes, I mirror their wholeness, through instinct I listen to the space between us and show empathy, kindness and love.

Today alone with my little beautiful boy William I am mindful of what love we share, I am curious about the connection each of us share when we connect with another person, the therapeutic relationship and what happens during that human relationship.

Together as a charity, Make a move and a working project moving on up we connect with one another and evolve as practitioners through self-reflection and dedicating our time to the cause and the well-being of ourselves, how do we maintain the embodied state we so desperately need to connect with another and with ourselves and what is happening in between and in the relationship.

<https://www.youtube.com/watch?v=eIJdpPz9BD0&feature=youtu.be>