

# Introduction to Authentic Movement



**“THE HEART OF THE PRACTICE IS ABOUT THE LONGING, AS WELL AS THE FEAR, TO SEE OURSELVES CLEARLY.”**

*Mary Whitehouse*

## To Move and Be Moved

Authentic Movement (AM) is a creative, relational and spiritual way of being and moving. It is based on spontaneous, self-initiated movement stemming from each person's sense of self. During stillness or movement, the experience of “moving and being moved” is supported by the presence of the other, the witness. AM is taught and learned in pairs and groups, aiming to ongoing practice that forms a collective body of movers.

## In-Depth Approach

What is unique about AM is the direct experience to one's own physical sensation, imagination and giving it a structure in words, movement sequences and in different art forms. AM deepens our natural ability to see, observe and witness ourselves and each other in stillness and movement. By practicing to be present, a natural flow of breath and compassion is ignited. As an ongoing practice, AM invites a sensitivity to receive “what is”, be it an emotion, sensation, memory or not knowing, without judgment, interpretation or projection. AM as a movement form asks for the readiness and interest for an in-depth approach to oneself – how to be truthful to oneself in the presence of another.

Authentic Movement does not require specific dance or movement experience – but an openness to try non-directed movement. You are welcome to join for a day taster, or take a series of deepening practice. An ongoing AM group in Groningen will be formed gradually. If you are interested in finding out more or want to join a day/series of days, please contact the facilitator *a minimum of two days before the practice day.*

## Facilitation (mainly in English):

**Marja Cantell, PhD**

Health & Exercise Psychologist  
Dance Movement Therapist

P: 06-27853529

E: [marja.cantell@gmail.com](mailto:marja.cantell@gmail.com)

[www.dancemovementcalgary.com](http://www.dancemovementcalgary.com)

See also: [authenticmovementjournal.com](http://authenticmovementjournal.com)

## Authentic Movement is useful for:

- professionals/clinicians working in education, health care, body work and the arts
- developing the ability to recognize bodily sensation, memories and images
- understanding nonverbal movement language
- supporting creativity and expression
- increasing acceptance and enjoyment of one's body and body image



### Monthly AM Practice Days Groningen

- January 29 (Studio SoulJoy, Kraneweg 32)
- February 26
- March 31
- April 28
- May 27
- June 30
- 40 € a day, 100 € for 3, 200 € for six days

Place: Al Nour. Blekerstraat 17, Groningen

### The Content of Authentic Movement Days:

Each day begins with a creative movement and sensory awareness oriented warm up and proceeds gradually to practicing the different ground forms of AM founded by Mary Whitehouse and Janet Adler (solo, dyad, triad, breathing circle and long circle). The movement experience is consolidated with verbal sharing, writing, and drawing. Also, some reading related to the development and application of AM will be provided. The practice days will follow peacefully the pace of the participants without rushing.

The participants are asked to wear warm and comfortable clothing, bring note taking materials and some lunch to share (e.g., bread, cheese, vegetables, fruit, nuts). Tea and coffee will be provided.