

Participants; J , L, M, Lo, E, R, S, H
April - June 2022

Below are collected comments from participants.

They were shared in the last 10 minutes of classes and written immediately afterwards.

The question asked at the end of each session is: What helped? What did you find out today? What gave you freedom (or where were the freedoms) in your experience today of witnessing and moving?

Not changing what is there.

Being with. Nothing needs to happen

Present-ness doesn't want something from me

Staying with her wiithout having to fix. As I stay with it changes. The movement shifts.

So odd- not having to 'do'

No pressure to do something fast. Sleeping welcome.Go really really slow, there is always something happening.

I looooooove it. It's want more tiiiiiiiime. (Said by J rolling off the seated position into the floor, to curl up resting around another participant)

Not trying to be clever as a mover, move without reasons to move.

Witnessing with and not jumping ahead with anticipations or stories. - oh that is there and oh that. Going along in the same time.

Just being seen kick-starts some kind of fullness. Some kind of evolutionary thing of belonging. Ok it's ok ness.

I think there is a key that it's reciprocal. On the macro as the micro as the universal.

Giving myself a full yes to what I am experiencing in each moment.

Whatever is alive for me I move with it. I dare to trust that. Its a welcome dare to welcome it. I trust my witness wants me to welcome it.

Showing up can be small, little, even if my body is dropped on the ground, I have showed up it might be invisible and its ok. I am showing up- even if it doesn't make much sense

It feels essential and necessary to do this happening in connection with others.

I can listen without judging

Today I see, and look and not put anything on it

I don't know what you are going to do next. Sometimes it takes a while for me to realise that I keep trying to figure it out ahead of time, if i do that i dont let your whole body have its experience - i guess i dont let myself have the whole experience witnessing either,

Realllly letting go even the remembering -all the things in their words - trusting there is time for words to surface later. This feels big this. I think I will forget but I come to the end -we sit together - and it comes back in its own way.

Animals - we are animals - we let wild animals do things - why not us?