



October 9–14, 2011 (Sunday–Friday)

Forging a Vessel for the Inner Odyssey

Risa Kaparo

Luscious MovementSM, Somatic IntelligenceSM, and Creative Writing

Awaken to the richness of your silent, inner experience and the deliciousness of being wholly embodied. Movement, meditation, and writing can reveal your intimate somatic vocabulary. A whole new dance of self-expression emerges from this wellspring within, a poetry of unfolding meaning and form that will extend your presence beyond the realm of what you've known before.

This 5-day workshop will explore

- **Luscious Movement** Developing a repertoire of modalities ranging from the subtlest micro-movements to large movements in space, each with unique implications for healing, regeneration, and neuroplasticity
- **Creative Writing Experiments** Freeing up creativity by loosening old habits and encouraging language play. As you learn to deepen this dialogue with yourself, the process of writing can sustain you, enriching your solitude by nourishing you from within.
- **Somatic IntelligenceSM** Practicing the art of awakening the natural wisdom of the body-mind, you will learn to navigate the vast ocean of meaning by tuning your listening to the vessel of your own being and developing a deep ecology of affect. In this way, you will initiate yourself into performance arts as personal and communal invocation, riding the waves of transformative learning and change.



Risa Kaparo, PhD, is a practicing psychological and somatic therapist. Creator of Somatic IntelligenceSM, she trains physicians, psychologists, bodyworkers, and educators in clinical and educational applications. She has taught at numerous universities including MIT, John F. Kennedy, and Dalian Medical University in China. A long-time student of world-renowned Italian yoga master Vanda Scaravelli, Risa has trained yoga teachers for more than 30 years, and is also an award-winning poet, songwriter, and author. Among her awards is the grand prize of the John Lennon

International Songwriting Contest. Her books include *Embrace*, and *Awakening Somatic IntelligenceSM—Transforming Pain, Stress, Trauma, and Aging* (forthcoming). www.awakeningsomaticintelligence.com and www.risakaparo.com



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Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

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