



BODY TALES: A Workshop with Olivia Corson by Ariana Candell

The renewed faces and satisfied bodies of NCCADTA participants told the story at the Body Tales workshop with Olivia Corson on June 1st. Several people commented on how quickly Olivia's work got to the depths of their issues and how it was a wonderful idea to invite a professional from a complimentary background to inspire and enrich our association.

Then, our witness reflected back, in movement and sound, the kernels of her experience of what she saw and felt.

After Olivia's brief introduction of her philosophy about her work, we dove into a movement check-in/warm-up. In pairs, one of us moved and sounded for a few minutes on what was going on for us today and in our lives, while the other witnessed. Then, our witness reflected back, in movement and sound, the kernels of her experience of what she saw and felt. We then switched roles and repeated the process. After this, we shared in words about our experience.

The heart of the work followed, starting with each of us going outside into the "natural world" and picking up 4 objects that represented: our self, our close love relationships, our work (whatever that may be), and our relationship to the world. We brought these back to the inside space and made our own altar using these objects. To further explore these aspects of our lives, we moved, sounded and used spoken words to express inner images, feelings and thoughts for each aspect. We did this in front of a witness for about 2 minutes for each part. Next, our witness was invited to use "conscious touch" and sound to ground

and give energy to us after our experience. In continuation with Olivia's multi-dimensional expressive approach, each person wrote 4 words down with each hand to describe their experience which we later used as key words in a poem. We then switched roles and the second person repeated the process before sharing verbally with each other. When we were both finished we shared back and forth about our delving.

To concretize and integrate our explorations, we created a poem with the previously written words and shared them with the group. As a tribute to the rich body process we had come through, someone in the group poignantly mentioned that the poems felt *embodied!* We ended our workshop with a short question and answer period and by sharing heartfelt feedback with Olivia.

Within Olivia's work there is a great amount of trust in the wisdom of our body, spirit and mind. This trust and spaciousness to hear oneself is often welcomed by the experienced inner mover and can be very challenging to one newer to listening to and expressing the inner self. My experiences with Olivia's classes are that they attract people who enjoy movement and theater and who seem ready enough to make the leap into showing their process to others in the group.

As I shared with the group (from a few years of being involved with Olivia's classes, performances, and an exotic Costa Rica workshop), what we received from Olivia was only a fraction of a handful of what she offers and contributes to this field of work. I recommend her to anyone wanting to explore working at a deep level and being witnessed by many people at once. I am happy to share my experience with anyone wanting to hear more.