



## TALLER / WORKSHOP

### ***Mourning Surf: In Waves...Grief Moves*** ***A somatic workshop for embodying grief***

J'aime Morrison, Professor of Movement and Performance, Department of Theatre, California State University Northridge

Viernes 3 de noviembre de 2023  
De 12:30 a 14:00

**Facultad de Filosofía y Letras**  
**Campus de Humanidades**

Inscripción previa en:  
<https://forms.gle/KX1zJav4C5CUCSer6>

Jornadas **HEAL**

**Historias de Dolor:**  
Representaciones  
del sufrimiento  
físico y emocional

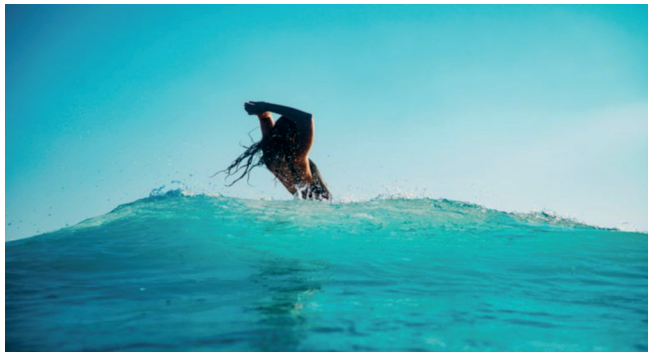
**Tales of Pain:**  
Representations of  
physical and  
emotional distress

## WORKSHOP DESCRIPTION

### ***Saltwater is the cure for anything, sweat, tears and the sea***

**Isak Dinesen**

Mourning Surf offers a safe space to explore the ebb and flow of grief through healing movement. Our workshops are inclusive and welcoming of all who have experienced a grief or loss in their life. With the understanding that grief is a process and that the journey of mourning is not linear or finite, we offer an expressive movement practice as meditation, as a mode of transformation and as a creative force for our healing. The root of the word “mourning” is to remember – and this workshop puts mourning in motion – to honor, remember and express our grief. I have termed what I teach in



these workshops, “expressive movement,” because I am interested in what and how the body communicates, expresses and transforms grief creatively from the inside out. As choreographer Marth Graham wrote, “The body never lies,” and until we attend to the physical impact of grief, we cannot fully embrace and embody the future. Grief really does come in waves, and we must learn to ride them - join us as we learn to dance the waves...

This workshop will involve meditation and movement so please dress in comfortable clothing and bring a yoga mat if you have one.