

# **Embodying Resilience Together: Dance, Movement, and Collective Recovery**

Facilitated by Morgyn Danae

Somatic Dance Coach & Trauma Recovery Advocate-Mentor

## **1. What we explored**

- Trauma & disconnection
- Body + belonging
- Dance as community medicine
- Movement as recovery
- Collective resilience

## **2. Simple Practices**

- 1 grounding breath + movement  
Slow belly breath with gentle movement to reconnect with your body
- 1 mirroring prompt  
Take turns reflecting another person's simple movements with care
- 1 resilience gesture  
A shared movement phrase representing strength and recovery

## **3. Reflection prompts**

- What helps me feel safe in connection?
- What does resilience feel like in my body?
- Which dance movements feel empowering?

*Healing happens in connection — with ourselves, each other, and the body.*

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“Dance Your Recovery Story” (upcoming offering)