



Somatic Practices for Liberation

*Our relationships with our bodies mirror our
relationship with the world.*



Sue Kuypers

Somatic Practitioner, Therapist,
Facilitator, Consultant, Mama, Griever
and End-of-Life Doula in training

All of my Teachers, Elders and Ancestors

Raised on Leni Lenape Territory and
Learned to Adult on Ohlone Land

<https://linktr.ee/suekuypers>

ig: suekuypersomatics

The Body is...

-Prentis Hemphill



Liberation

Changing, Relational, Learner, Expressive
Access to Eternal/Aliveness/Mystery



Society

To be Controlled, Individual, Shameful,
Inconvenient, Irrational

Safety Shape

Honest Adaptations

Default

Intellegent

Historical

Collective

Relational

Under Pressure,
Shows up



Safety



Belonging



Dignity

Safety Shape Practice



Noticings

In the Chat:

What did you notice in your sensations?

Did any stories or moods come up?

Anything else?

Somatic Practice

Choice is more important than practice
-Kai Cheng Thom

Disability Justice

Radical Self-Responsives vs
Self-Domination

You can't mess up

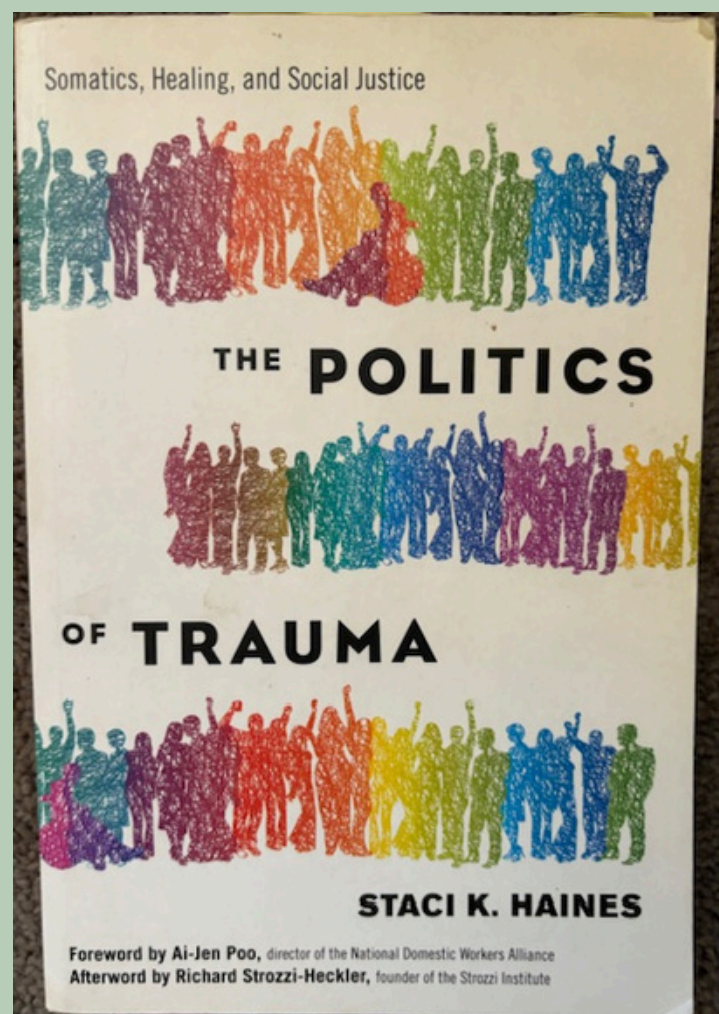
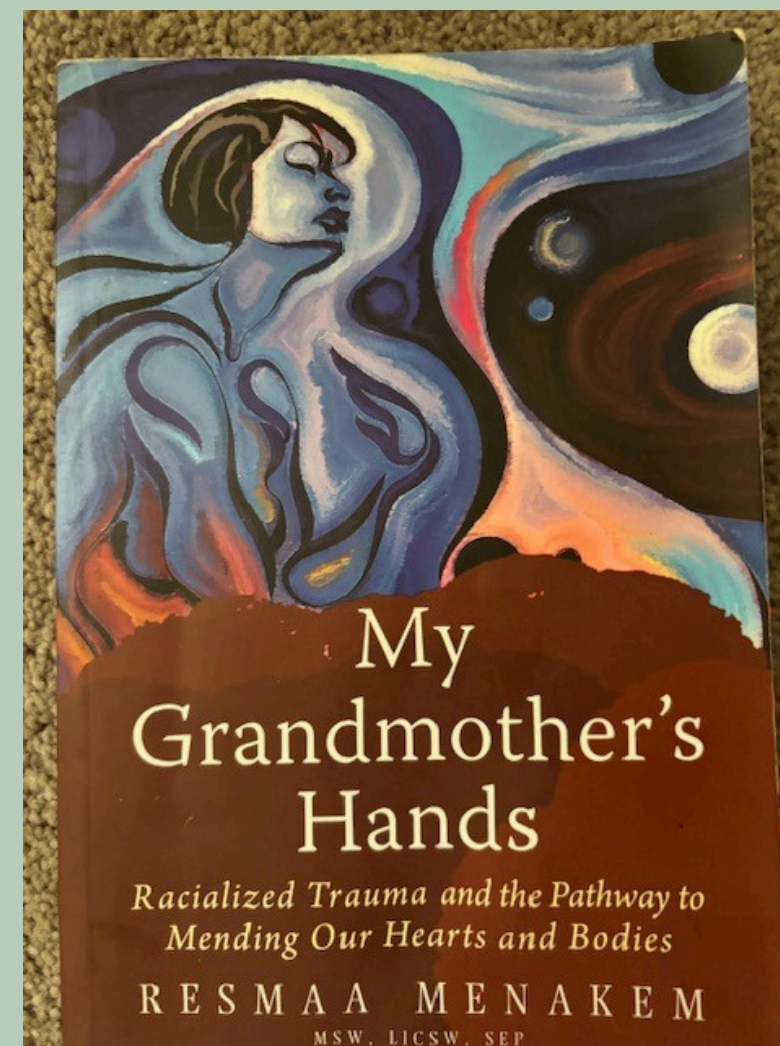
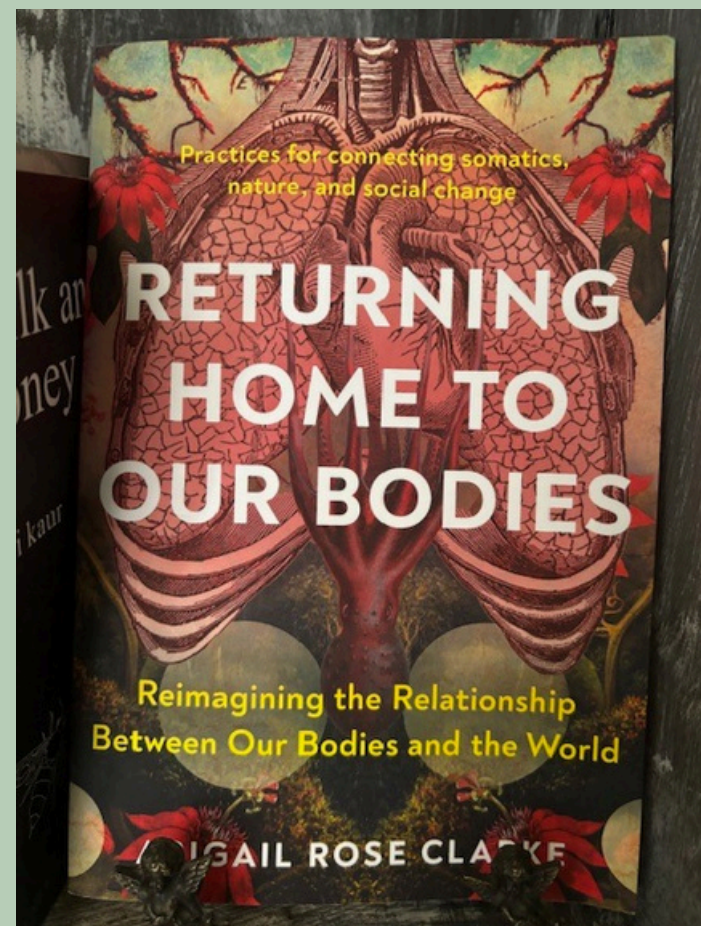
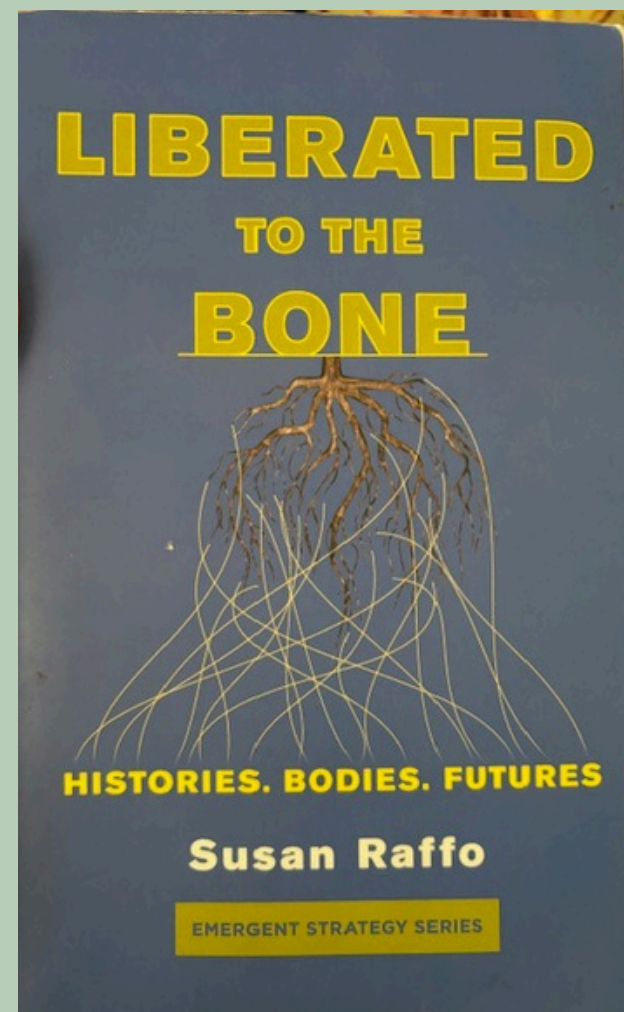
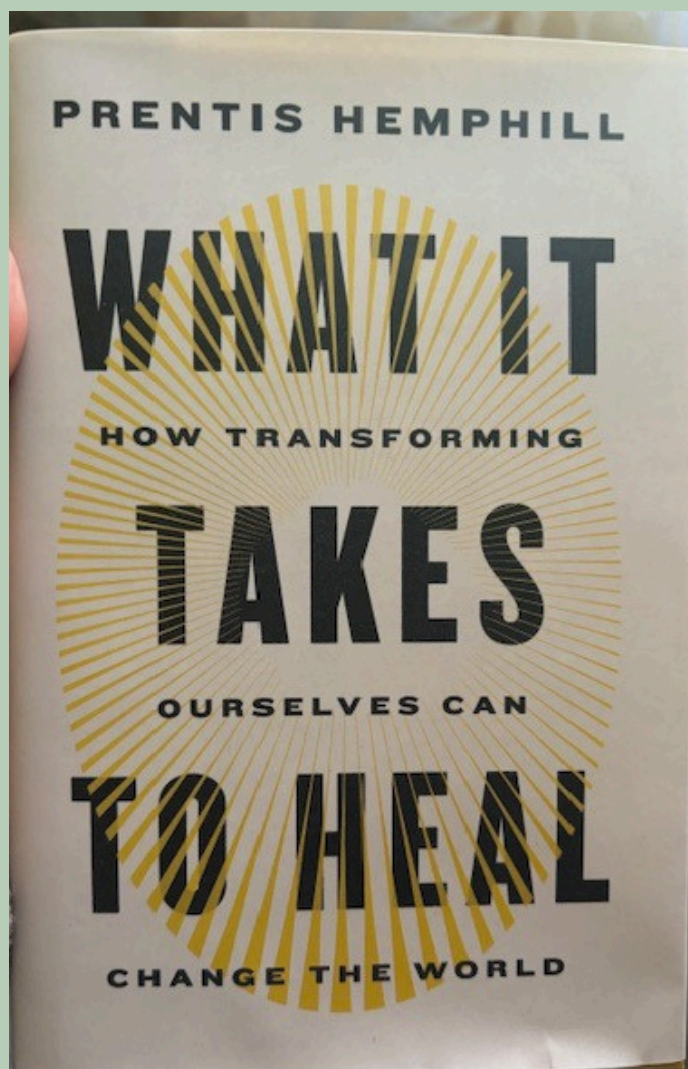


Resilience

Practices that make us come alive, feel a part of

<https://www.youtube.com/watch?v=kAGZ7cb2UEY>





Free Ebook

*so you're ready
to choose love*

Trauma-Informed Conflict Transformation for
Social Justice & Spiritual Growth



A Loving Justice Workbook

by Kai Cheng Thom, MSc

Generative Somatics for White Activists

HEALING EMBODIED WHITE SUPREMACY

Politicized Somatics Fall Course
12 weeks Online

Wednesdays 10-12:30pm PST
Sept 4th- Nov 20th , 2024

Rolling Registration



Embody Interdependence * Transform Domination
Build Liberatory Power

Generative Somatics for White Activists

HEALING EMBODIED WHITE SUPREMACY

Politicized Somatics Summer Course
4 Days In-Person

Oakland, CA Thursday-Sunday
August 22nd-25th, 2024

Rolling Registration



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Thank you!

Remember Embodied Change
Takes Practice

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