

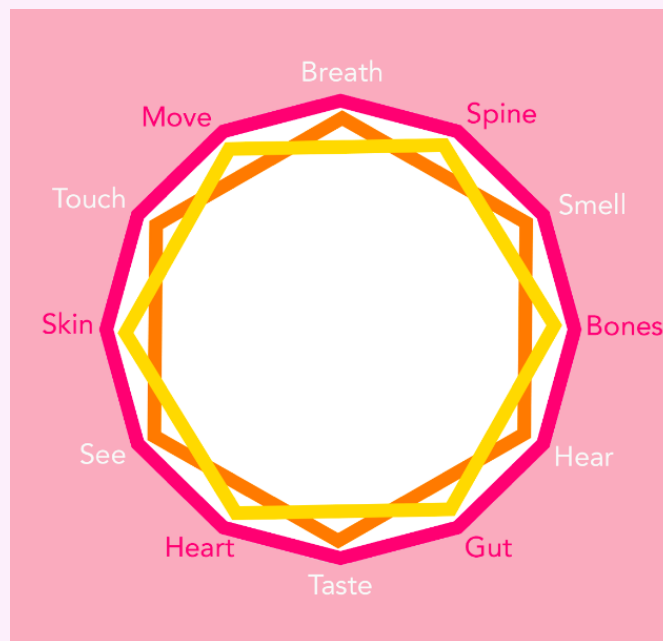
SENSING WORLDS

July 19th – August 16th, 2024
Every Friday from 10am to 12:30pm
Location TBD

I am excited to share with you this 5-session group journey into the evocative world of sensation, play, poetry, and presence. A course to dive into the creative and healing potentialities of the present moment through embodiment, interdisciplinarity, and collaboration culminating in creative writings and a live performance presentation.

Together will explore tools to freely hone the creative process through embodiment and connection. We will collaborate on a movement piece rooted in sensorial experience.

Below is a diagram I have designed to guide us through the concepts that will be inspiring our journey conceptually and poetically. I have also listed the suggested readings and films that will offer further context for our explorations.



THE FORMAT OF THE SESSIONS:

My sessions follow a simple yet profound structure. Each morning, we will meet, check in, share a meditation, practice embodiment exercises, write or sketch, and share. There will be space to talk about the offered material as well as for you to bring questions or inquiries you might want to share with the group in conversation. I hope it will be a space to find creative continuity, deep inquiry (personal, artistic, collective), and grounding connection to meet the joys and challenges we each are called for, together and alone. Please bring comfortable clothes, water, a snack, a notebook or sketchbook and a pen or pencil to every session.

TEXTS AND FILMS:

I will provide excerpts from selected readings in pdf format as well as film titles for us to watch at our own time. Some of the selected titles I have listed below. These are not mandatory assignments, rather an invitation for inspiration and further context to the ideas I will be offering. We will have time to talk about them during our sessions but most importantly, they offer a sort of conceptual landscape to the embodied work.

- *The Four Agreements: A Toltec Wisdom Book*, Miguel Ruiz. Introduction: Smoking Mirrors. Amber-Allen Publishing, 1997.
- *What Matters Most*, James Hollis PhD. Chapter 10: That we write our story, lest someone else write it for us. Gotham Boks, NY, 2009.
- *Women Who Run with the Wolves*, Clarissa Pinkola Estes. Chapter 1: La Loba. Ballantine Books, NY 1992.
- *Call me by your name*, directed by Luca Guadagnino, 2018.
- *Youth*, directed by Paolo Sorrentino, 2015.
- *One Strange Rock*, Episodes 1 & 2. Documentary Series, 2018.
- *Arrival*, Directed by Denis Villeneuve, 2016

I really hope you can join us! Please find more details and register for this course [here](#) or email me at guadalupemdc@gmail.com



Sensorial Aesthetics

PROGRAMS 2024

ONLINE



FEEL INTO IT

July 2024: Online Performance Art Mentoring for individuals and small groups.

4 week intensive online mentoring program for performance artists looking to deepen their research-creation practice. [Learn more...](#)

ONGOING

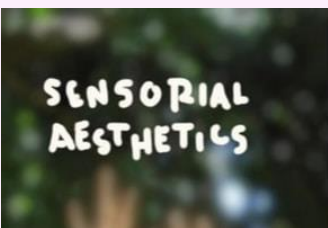


ART MENTORING

Ongoing: Online and in-person

1:1 Sessions to work on individual needs and desires related to your personal and career growth. [Learn more...](#)

UPCOMING



SENSORIAL AESTHETICS: BOOK CLUB & STUDIO MEDITATIONS

Fall 2024: Online Study Group

4 or 8 week study group combining a book club with studio creative meditations. A weekly gathering to cultivate kinship and share the passion for reading, watching, and feeling inspired in our creative processes. [Learn more...](#)