

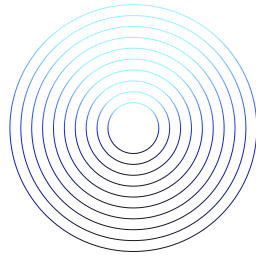
Nature of the Beast

Embodied movement medicine in
connection with the animal spirit.

Crystal Zillwood is a Contemporary dancer ,Choreographer and somatic based movement facilitator. Crystal will be offering her new work Nature of the beast practice which is a reflection of crystals decade of working as a international Contemporary Dancer ,Choreographer & facilitating movement with many communities.

Nature of the Beast is an embodied celebration of Spirit& Body uniting with the energetic support of animal energies. This year she offers the Lion Heart workshop exploring the heart organ & the spirit of the Lion. Nature of the Beast practice taps into the body wisdom alongside inviting a conscious channeling of the Lion energy, in this merging of these two aspects it creates the right conditions for our cells to resonate on frequency of wholeness and healing which can create a deep sense of peace & interconnectedness.

Nature of the beast is a trauma informed practice with a strong foundation in anatomical & biological systems of the human body as well as blending energy work informed by my studies working with shamanic and bio energetic practitioners. The music composed by Otis Jones is composed specifically to create a sonic holding of the space and to support the energetic journey of the session.



“ I arrived into the workshop with some heaviness and have ongoing concerns around my health but this workshop gave me space to feel joy again and I feel so light and happy going forwards” Maria, Lyon, France.

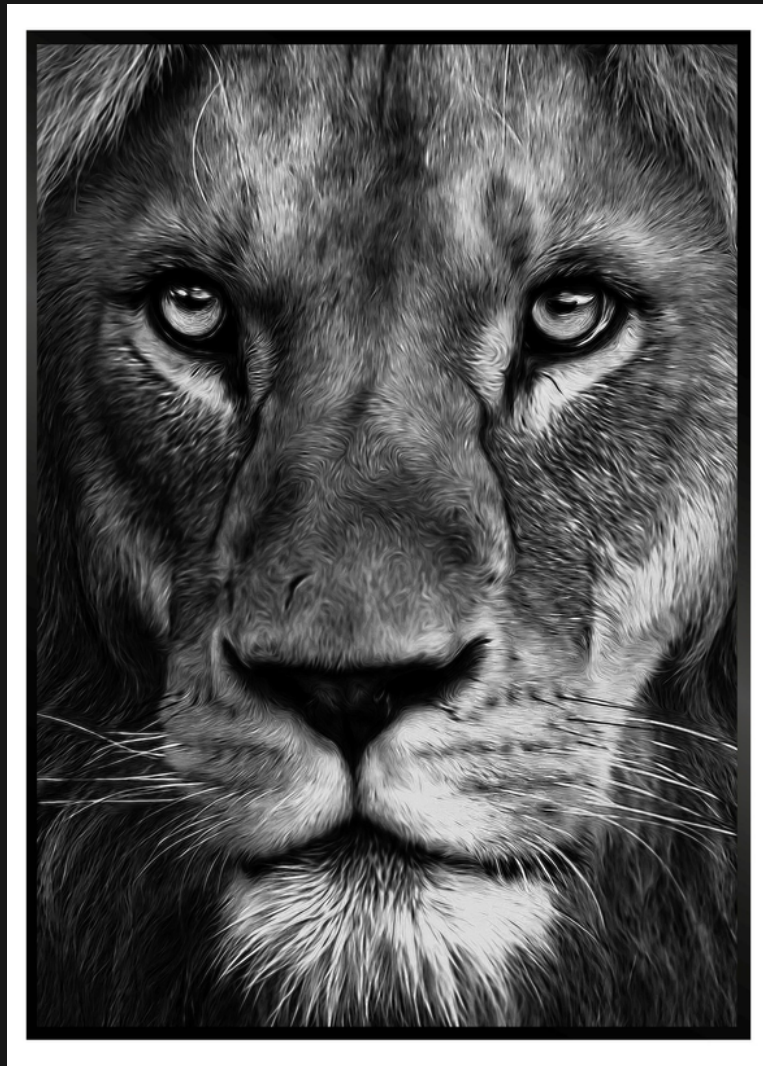
“I was able to release some deep tension within my shoulders and I could see I was anxious about something in my life and it was able to be released” Jessica, Edinburgh.

“I was able to see a trauma linked to my father that has kept me trapped for decades, for the first time I was able to let go of this trauma and heal this part of me, I feel so free and never thought I could fully come to peace with this in me, Thank you!” Dorothy, Bordeaux, France.

“ I was able to see and witness many things during Nature of the beast workshop within myself, I live in Jerusalem and I was able to see the love and joy that can still be found within in hardship, grief and loss, I feel deeply connected to all my friend who have lost their families and yet also could be connected to a deep true peace, a bigger perspective, this was incredibly healing for me” Lisa, Jerusalem.

NATURE OF THE BEAST

EMBODIED MOVEMENT MEDICINE IN CONNECTION WITH
THE ANIMAL SPIRIT



FACILATED BY CRYSTAL ZILLWOOD
THE LION HEART WORKSHOP

THE LION HEART WORKSHOP



Nature of the Beast is an embodied movement medicine that nurtures the merging of Spirit & Matter through movement. Nature of the Beasts aspiration is to reconnect the body and spirit together in union with the spirit of the animal that is being channeled. The workshop I offer this year is the Lion Heart workshop, where I encourage participants to receive the resonance of the Lion through their bodies and in movement. At the beginning we will spend time on bringing sensitive anatomical awareness to the body, the cells and specifically the heart organ and then go into movement that I'll facilitate and also participant can be free in their own choice of movement. Nature of the Beast celebrates participants to sense ones own timing ,to follow ones own thread and if possible be open to the energies when it feels ready and so. The Lion energy is an powerful energy that can bring a sense of clarity, peace, profound sense of interbeing & wonder to the miracle of all life and welcomed healing can emerge. The energies channelled into the space can be received to all participants through their movements and intention and will naturally ripple out to the wider community on the land.

Nature of the Beast is a trauma informed practice, sensitively facilitated and held with sonic landscape that supports the energetic process so people feel leaving with a sense of space in themselves and rooted in their own hearts & bodies.

Duration of workshop- 1hr and 30 mins

Needs.

Ideal conditions are tent with walls to create container but
can also happen without this.

Max people 40-50

Sound system to play music

Contact.

email: crystalzillwood@gmail.com

Insta: <https://www.instagram.com/crystalzillwood/>

<https://bio.site/crystalzillwood>