

WHEN THE GROUND SHIFTS

A Seasonal Reset for Dance Artists

Hosted by Embodied Transitions 1-Year Program

- 🍁 November 1st, 2026
- 🍁 18:00–19:30 CET
- 🍁 Online: link provided at registration
- 🍁 12€

For dance artists experiencing change, uncertainty, career questions, relocation, creative blocks, burnout, or the feeling that something new is emerging.

Through guided movement, reflection, conversation, and embodied practices, we will explore:

- 🍃 What is shifting in your life and artistic practice right now?
- 🍃 What are you being invited to let go of?
- 🍃 What wants to emerge next?
- 🍃 What helps you find steadiness during times of change?



ABOUT THIS WORKSHOP

Kick-off the month of November and prepare for the transition from Fall into Winter + an introduction to Embodied Transitions' 1-year program supporting dance artists through the personal, creative, and professional transitions that shape their lives & work.

🍁
**ENROLLMENT OPENS
THE SAME DAY!
NOVEMBER 1ST, 2026**

**A Year-Long Program for
Dance Artists**

Register via email: embodiedtransitions@gmail.com

Website: embodiedtransitions.com

Instagram: [@embodiedtransitions](https://www.instagram.com/embodiedtransitions)