32nd Annual Kitsap County Conference for Human Rights

Saturday, December 10, 2022
9:00am - 3:00pm via Zoom

Brought to you by the Kitsap County Council for Human Rights

SESSION PREVIEW

Interactive/Activity

Presenter: Jane Peterson (she/her)

MOVE: Disrupting Racism by Restoring Connection with Your Body

This is a movement-based experiential workshop for "every body" no matter your size, shape, or movement ability. Cultural patterns of supremacy, power over versus power with, disconnects us from our whole, wise and miraculous bodies and feeds the social pathogens of racism, oppression and increasing amounts of chronic disease. Experience more ease, resiliency, and joy as you restore connection with your body and Make space, Orient towards inclusion, Value curiosity, and Embrace liberation.

Jayne Peterson is a cisgender, neuro-typically abled woman, mother, spouse, auntie, sister, grandmother, and friend whose pronouns are she/her. She promotes wellness and provides trauma informed healthcare as an RN, Board Certified Nurse Coach and Certified 5Rhythms® Mindful Movement teacher. Jayne specializes in facilitating body-centered ways of experiencing, knowing, and living into one's whole amazing self and natural healing abilities. Jayne is deeply committed to unpacking and changing the white supremacy patriarchal heterosexual normative narrative within herself and supporting others in their journey to do the same.

Visit http://kcowa.us/hrc to register for the Conference!