

TOUCHING THE FLAME OF INTIMACY



Shannon's passion for the healing and expressive arts began in childhood when she spontaneously brought a newborn kitten back to life through healing touch.

A visceral awareness passes through the audience as Shannon creates an atmosphere of emotionality, self-awareness and healing for herself and for the audience as Shannon performs *Touching the flame of Intimacy*.

Her therapeutic performance art intends to ignite the 3 levels of awareness: physical, mental and emotional responses from the dancer as well as her witnesses. This style of performance offers healing for the artist and creates an atmosphere of self-awareness for the observers.

Choreographed movement resources are filtered in among an improvisational repertoire, and most of the movement arises from embodied, present moment expression using the 3 levels of awareness.

The aesthetic quality of the piece varies each time she performs due to the authenticity of what is present for her in the moment. As I utilize space, time, speed and various movement behaviors as resources for development and transformation.

The larger than life art piece displayed behind her was created during Shannon's 12 month Tamalpa Life/Art Process training in Oakland, CA.

Each artist was asked to create a self portrait based on the arrival of metaphors, images, emotions and physical sensations, achieved mostly through guided, authentic movement.

Shannon's passion for the healing and expressive arts began in childhood when she spontaneously brought a newborn kitten back to life through healing touch. Her love for nature connection and dance were driving forces that fostered balance and self-confidence during a rocky childhood. Shannon continues her therapeutic education through spirituality, professional studies, personal exploration, healing and expressive arts, nature connection and family life. Her passion for multi-



generational connection through healing and expressive arts led her to the Tamalpa Institute, where she holds a level I certification for expressive arts therapy.

Founder of Sacred Heart Healing Art, Shannon offers private and group movement classes and retreats, massage, creative arts sharing circles and holistic lifestyle coaching for depression and anxiety. She is an active performer and member of Co-Motion Dance Company in Carbondale and also



offers therapeutic dance performances for various events. Shannon recognizes the practices of movement, creative arts and voice as potent tools in healing trauma and promoting release, change and growth. Her intention is to hold a safe and loving container for her community to experience self-connection and newfound awareness. Shannon believes that the rainbow of emotions must be experienced so that authentic creativity can flourish and sustainable healing and change will be accomplished.



[Experience the video performance.](#)

