

The Shape of Grief as a Fight for Life

*Our Relationship with our Bodies Mirrors
Our Relationship with the World*






Sue Kuyper

- Somatic Practitioner, Therapist, Facilitator, Consultant, Mama, Griever and End-of-Life Doula in training
- All of my Teachers, Elders and Ancestors
- Raised on Leni Lenape Territory and Learned to Adult on Ohlone Land

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ig: suekuypersomatics



**WHAT IS
SOMATICS**

**LIFE FORCE
OF THE BODY**



Safety Shape

Honest Adaptations

Default

Intelligent

Historical

Collective

Relational

Under Pressure,
Shows up



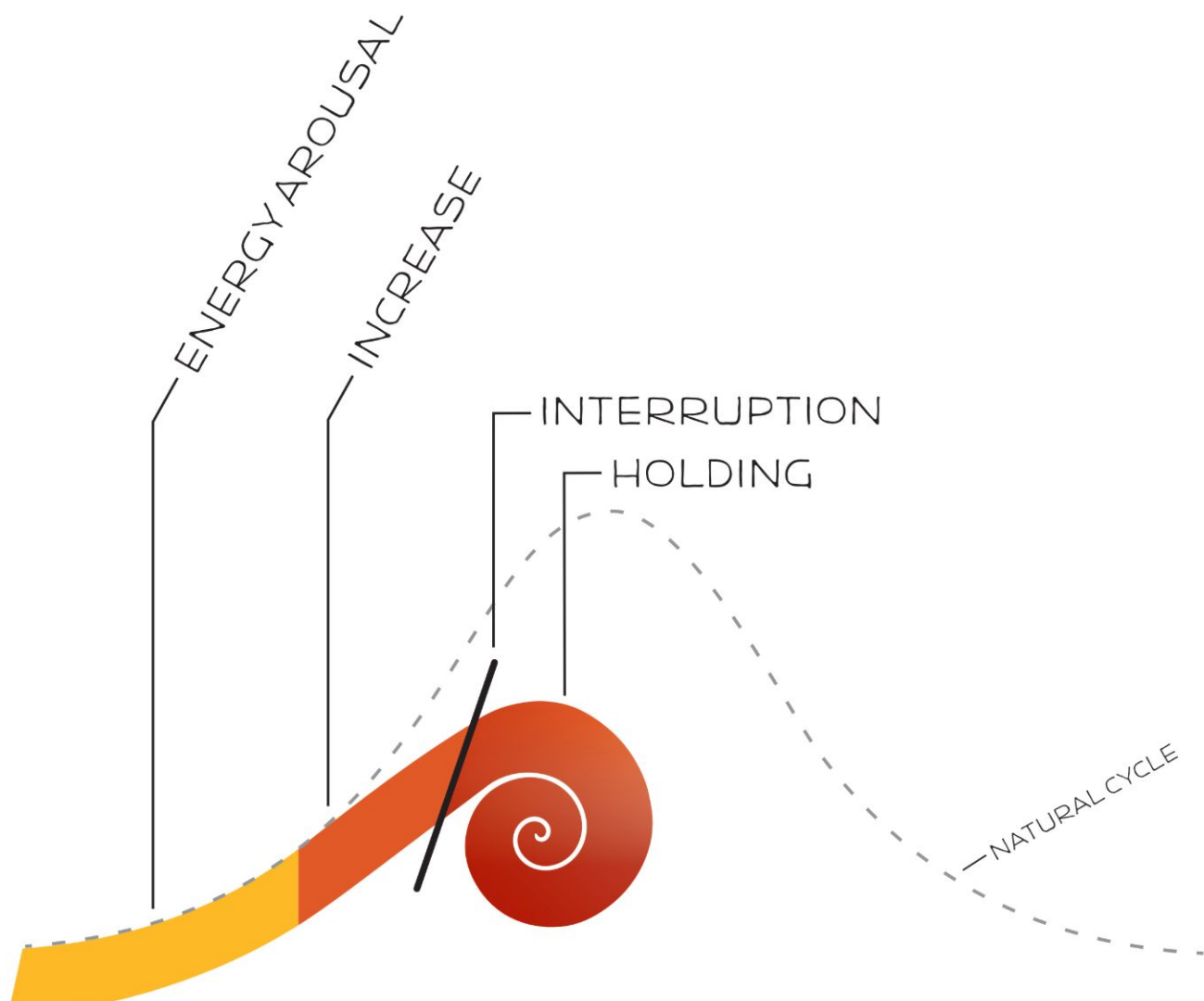
Safety



Belonging

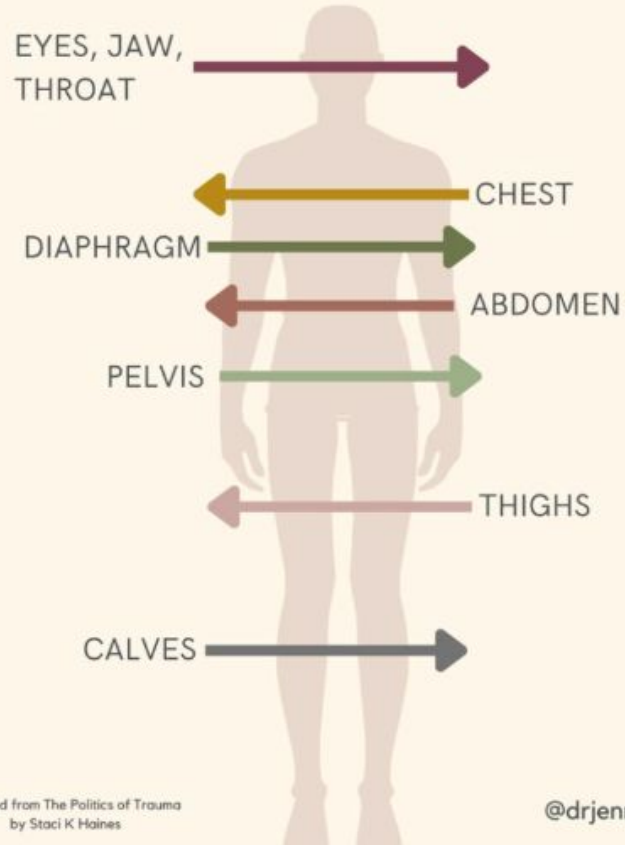


Dignity



BODY ARMORING BANDS

Armoring bands, or patterns of contraction, run horizontally around the entire body. They help to prevent or lessen sensation, emotion, aliveness, and movement.





Somatic Practice

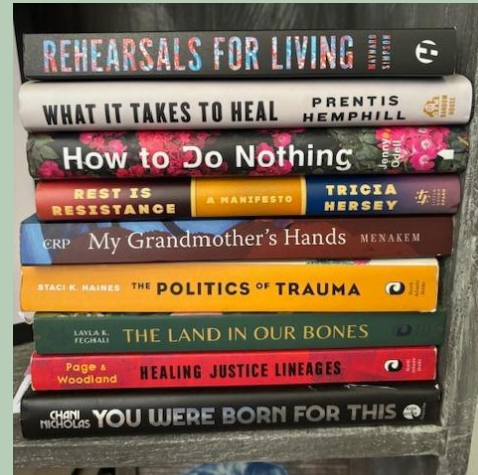
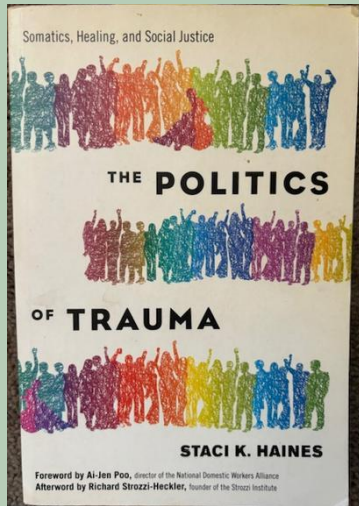
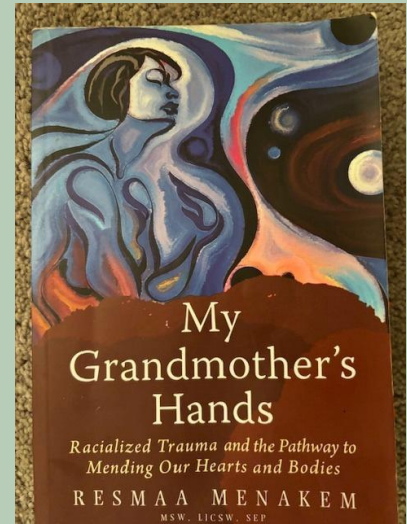
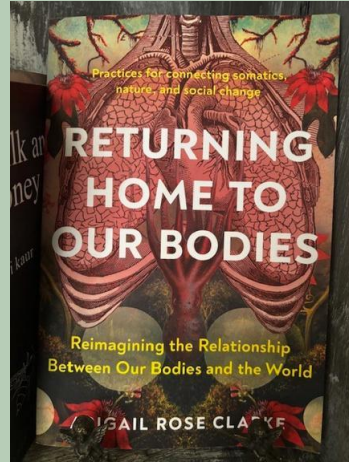
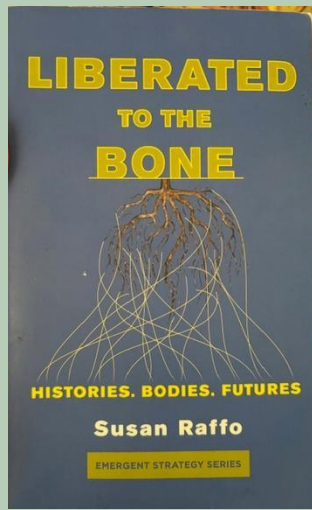
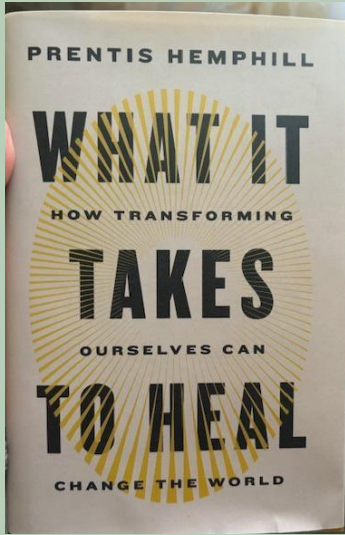
Choice is more important than practice

-Kai Cheng Thom

Disability Justice

Radical Self-Responsives vs Self-Domination

You can't mess up




BAY AREA

FOR ORGANIZERS, CARE AND CULTURAL WORKERS

POLITICIZED

1ST THURSDAYS | MULTIRACIAL SPACE
3RD THURSDAYS | BIPOC SPACE

SOMATICS




2026
FREE
6:00-7:30 PM
OAKLAND, CA

Center for Aliveness and Liberation
• B and Ream Present:

ALIVENESS AT THE END OF THE WORLD: BUILDING OUR POWER

4 Days of In Person Politicized Somatics
OAKLAND, CA



MORE INFO: [TINYURL.COM/ALIVENESS25](https://tinyurl.com/aliveness25)

Embodied Leadership

March 5 - 8, 2026
&
June 11 - 13, 2026
Durham, NC

Build Power
Navigate Conflict
Coordinate Action
Cultivate Resilient Protagonism
Inspire Collective Vision

Facilitated by:
Yashna Fadamee,
Adaku Utah,
Eliana Eubin,
and special guest presenter

Extended Deadline:
10 spots left!

SANCTUARY EMBODIED

Apply By Mon
January 26

ONLINE COURSES

Thirdspace Somatics NOW ENROLLING! 2026

3 WEEKS

CREATING A DAILY PRACTICE

A 3+ week coaching group to help you design a practice routine, take back your attention, and organize your life around what matters

Tuesdays, starting January 6 7pm EST

8 WEEKS

INTRO TO POLITICIZED SOMATICS

An experiential and transformative introduction to relational and politicized somatic practice in a small group setting

Tuesdays, starting January 27 11am EST

4 WEEKS

TRANS SOMATICS- REGENERATING SAFETY

Somatic practice to regenerate a sense of safety, power, & agency from the body-up, and from connection with each other. We keep us safe.

Tuesdays, starting March 31 11am EST

8 WEEKS

INTRO TO POLITICIZED SOMATICS

An experiential and transformative introduction to relational and politicized somatic practice in a small group setting

Tuesdays, starting May 5 11am EST

Register and learn more at ThirdspaceSomatics.com

FOUR DAYS OF
SOMATIC BODYWORK
FEB 13-16, 2026

LIBERATION AT THE LEVEL OF THE TISSUES

PORTLAND, OR

FIND OUT MORE AT
[TINYURL.COM/ORBODYWORK26](https://tinyurl.com/orbodywork26)

HEALING EMBODIED WHITE SUPREMACY

Politicized Somatics Group for White Therapists and Healers

Online Tuesdays 9:30am-12pm PST
March 3rd - May 19th, 2026

Facilitated by:
Dona Hirschfield-White & Sue Kuyper



Policized Somatics for White Healers

OPEN HOUSE

Learn about Virtual Group &
Experience Somatic Practice
Friday, February 13, 2026 2-3pm PST
RSVP: <https://linktr.ee/healingembodiedsupremacy>



Embody Interdependence * Transform Domination
Build Liberatory Power

Thank you!

Remember Embodied Change Takes
Practice

<https://linktr.ee/suekuyper>

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