

# How has homophobia and/or transphobia impacted your body?

## A Workshop for Queer People

- What does shame and humiliation do to the body?
- How does being victimized live in the tissues?
- How does the knowledge of “being different” create hyper-sensitivity and hyper-vigilance?
- What does internalized homophobia/transphobia do to your body?

Come explore these questions with other queer people in an introduction to how mind/body (somatic) work can be a resource moving past the lingering effects of homophobia.

You will practice skills that build resilience and resources for grounding and presence in the body.

For all ages, all bodies, all genders, all people with a body.



### LOCATION

The Center  
Palm Springs, CA

### DATE & TIME

January xx, 2019  
3pm - 5pm

[www.constanceclare.com](http://www.constanceclare.com) (510) 219 5097

# Constance Clare-Newman

is a queer femme dyke who has been working in the field of somatics for over 18 years. Constance has been an Alexander Technique teacher (1800 hours) since 2001 and has studied other somatic modalities and trauma work. She is also a sex educator and teaches dance, yoga and movement for all people who have bodies.