

Anna Walker, PhD.

Symposium 'Making Sense of Violence in the Digital Age'

University of Gdańsk, 24–26 February 2020

Workshop Description

We often underestimate the power of simply taking a breath. In this workshop we will focus on methods to centre and anchor the body to better deal with anxiety, stress and trauma. We will focus on the breath and breathing to understand how we communicate and engage with each other, whether in person, on social media, or on video platforms. Through directed breathing and voicing the breath, we will explore methods to track and understand the body's responses and to recover our ideal equilibrium (which is different for everybody). Together we will find ways to bring one's body back to centre so that choice once again enters into our interactions and decision-making processes, rather than reaction, anxiety or anger.

Dr Anna Walker has over 20 years' experience working with meditation, breath and embodied solutions to stress and trauma. Recent research has been on the ruptured breath, exploring, naming and understanding the place of rupture and seeking ways to move through the disruption. This she has been investigating through digital media and storytelling. For more information: <https://www.anna-walker-research.com/chapter-1.html> PW- Anna