

Join us in making politicized somatics free and accessible for movement organizations and leaders



2023 Highlights: Supporting movement, concretizing methodological learnings and strengthening infrastructure

- **Year 2 of Daily Practice Space:** 250 days of 30 minutes of free politicized somatics practice every weekday morning for movement leaders and alumni. [Register here!](#)
 - We remain committed to a BIPOC majority space
 - Over a 100 new people sign up every month
 - 30-40 largely BIPOC organizers and leaders held daily by a gs practitioner
 - 100% of daily practice participants surveyed rate daily practice space as very helpful to their life

“I feel aware of the impact of being led through practice by a practitioner – in a collective. It’s like the whole is greater than the sum of it’s parts – Otherwise, I find myself hardening, stiffening, and numbing. The practice keeps me in touch with my – and all– humanity in times of tremendous grief and collapse” – Josie

- **Year 2 of Cultivating 8 BIPOC supervisors** to diversify and widen leadership in the field of politicized somatics
 - BIPOC practitioners met monthly with a supervisor to develop and practice somatic supervision skills
 - 75 hours of investment to develop new BIPOC supervisors
- **Movement Partnerships** with Women on the Rise (WotR), Asian Pacific Environmental Network (APEN), investing almost 400 hours
 - Women on the Rise staff were supported by gs’ first all-Black teaching team
 - Long-term ongoing relationship with APEN to support movement leaders
- **Over 150 free 1:1 healing sessions** organized by the gs Practitioner Network for organizers and healers actively organizing for the liberation of Palestine



- **Over 1,100 people engaged with a [public webinar](#)** on the beauty and possibility of politicized somatics in times of crisis in June 2023

- **Protocol and training for gs practitioners on bringing politicized somatics to movement organizations** through a skills-share of lessons learned, best practices, and innovations to align the offer of somatics to frontline organizations
- **Updated course curriculum for this political and societal moment**, including connecting to pleasure, land, spirit and centering disability justice
- **Supporting gs' community of 80+ practitioners** to continue to make free or low cost offers, including increasing offers to meet the needs of this political moment as more people are taking action on the streets



- **Spring 2023 in-person gs practitioner gathering** to embody cultural change, practice, train, and plan for gs' future



2024 Highlights: Accessible Offers and Wisdom Transfer

- **Year 3 of Online Daily Practice Space:**
 - In Fall 2023, practice space centered solidarity with Palestinian liberation
 - In 2024, we will continue to evolve the practice space to support the political moment
- **Launch Regional In-Person Practice Groups: Oakland, Los Angeles, Durham:**
 - The spaces will be led by gs Practitioners for organizers, cultural and care workers
 - Monthly in-person, politically relevant practice space to meet the needs of organizers in a high-pressure election year



screenshots of gs' instagram feed, showing some of the offers for the year

- **Free 1:1 healing sessions and weekly healing groups to support and resource** organizers and healers
- **Lead Teachership Training for gs Practitioner Community:**
 - 176 hour investment over six months to develop skills to lead teach a course
 - Wisdom transfer from three senior gs teachers to eight gs practitioners
- **Protocol and training for gs practitioners on Healing Groups:**
 - Skills-share for lessons learned, best practices and innovations
- **Monthly gs Practitioner Network community calls:**
 - Organizing, building and planning for community led initiatives
 - Expanding leadership through collaboration between gs Practitioner community members
- **Create a Lessons Learned document from the last 15 years of gs**
 - Offer lessons from community and organization building at gs for internal learning and public sharing



gs staff (as pictured from left at an in-person staff retreat): Usa Lee, Aja, Saima

We hope to see more of you in 2024!



The mission of gs is to support social and climate justice movements in achieving their visions of a radically transformed society. We do this by bringing somatic transformation to movement leaders, organizations, and alliances. Our programs engage the body (emotions, sensations, physiology), in order to align our actions with values and vision, and heal from the impacts of trauma and oppression. We aim to advance loving and rigorous movements that possess the creativity, resilience, and liberatory power needed to transform society.

[find out more](#)

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