

easy magic

**Weekly, drop-in, co-creative
queer-feminist expressive exploration**

Tuesdays, 17:00-19:30, pay as you can

@ KMG Community Studio, 1020 Vienna



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easy magic is an **empowering, queer-feminist, co-creative space**, in which we use different body-based methods to **explore expression of and through our feeling, thinking, sensing, moving bodies, and discover the ease and magic of being held in our expression by a caring community.**

Together we create a trusting, open, power-critical field, in which we move and play with questions such as “What do I/ we/ some of us want to express (in this space / in our lives)?”, “Where is my desire / preference / curiosity / need / boundary today, where is it situated in my body and how does it want to be shown outwardly?”, “When/ Where / What do I feel inhibited to express (myself) fully and how can I hold / overcome that (with the support of others)?”

... and **give space to whatever arises.** We practice expressing ourselves clearly, candidly, caringly, creatively, while remaining considerate of our impacts on the collective.

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The space is centered around the practice of **Authentic Movement**, in which we express what arises within through our bodies and voices, while being witnessed by someone else. **Other methods** include somatics, contact- & movement improvisation, bodywork, and non-violent communication.

>> **In uneven weeks**, the group is only accessible to people identifying as **FLINTAQ** (women, lesbian, inter, trans, non-binary, agender, genderqueer, genderquestioning), in order to acknowledge various societal, structural and internalized factors that might inhibit the possibilities / capabilities of expression for some. This concept works on a base of trust - no one showing up will be asked to identify themselves.

>> **In even weeks**, it is an **all-gender** learning space, in which we attempt to shape the culture we want to live in and move past separations, through our expression as well as our holding what arises together.

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Structure of the session

The first half hour of the session is an open arrival space. We usually start with a **check-in** to get a feeling for what is present in the group field. From there I guide the group into a **warm-up** and playful scores and exercises - sometimes emergent and improvised from the sharing, sometimes I prepare a specific theme. At the core of the session is the form of **Authentic Movement**, which originated in the field of dance therapy. The form invites the group to move and express themselves through body and voice with their eyes closed for a set amount of time while being witnessed, and later-on share these experiences verbally. After this segment, we check in to see what needs are present in the group - touch, further expression, a cool down, a check-out... Even though the space is organized and facilitated by Levi, it is a fluid, open, co-creative space we hold together.

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Overview

What: weekly, open, on-going, drop-in session

When: Tuesdays, arrival from 16:30, class from 17:00-19:30

Where: KMG Community Studio, Kleine Möhregasse 6-8,
1020 Vienna (not wheelchair accessible)

Costs: Pay as you can!

Language: The session is held in English or German,
depending on the group members' needs.

Contact: Before attending for the first time, please send an
email to levi.muehlbacher@posteo.de - then I can add you
to the Signal group.

For more information on this format and my work,
please visit: levimuehlbacher.webador.at