

# A SOMATIC & FORUM EXPERIENCE: EMBODYING FEMININITY –

## A project by Esra Sertoglu, Berrak Yedek and Günes Coban

This is a journey in which the Forum principles meet Somatic Dialogue principles. Building bridges between mind, heart and body/movement, led by a Forum facilitator, a Somatic Dialogue facilitator, and a 'Bridge Builder'.

### What inspired us?

The fluid passage from the body to thoughts, to emotions and vice versa is something many of us struggle with. In this workshop, we invite you to go beyond words into unknown territories, building safe bridges, within ourselves and with each other to indulge in new discoveries we will make in our body as well as in hear our thoughts & emotions.

Together, we will explore the landscapes of our bodies and merge them with the imagination of our minds.



When we walk into to a serene space of Limpid Works studio in Prague and take our seat in a safe circle among authentic women, Esra will guide us to connect heart to heart through our stories and what we hold within. We will have experience deeper connections, magical moments and safe space to explore movement, diving into the world of improvisation guided by Berrak, who is founder of Somatic Dialogue, and we will be in the presence of Günes, the Bridge Builder who will accompany, hold the space and be there to retrieve, collect, witness the magic that will happen.

Most importantly, as we work, we are confident, through the experience of authentic women in the room, we will co create. We know how we will start, we don't know what we will all leave with.

We will enter into the world of witnessing each other in physical and non-physical encounters. Together, going step by step into our intimacy, we will explore our sensuality. A sensuality which regenerates, rejuvenates, reconnects, refreshes and reshapes our experience of our body and mind.

We will be witness to each other in the exploration of our poetry, a creation of our bodies in motion and emotion.

This 3-day immersive workshop is designed to explore femininity through somatic and deep forum dialogue. Using the body as an anchor for self-discovery, participants will engage in movement, sensory exploration, and personal forum sharings to reflect on their personal and collective narratives about femininity. The goal is not to define what femininity “should be” but to reconnect with our own sensations, emotions, and stories on our own femininity in a safe space among 7-10 women, guided by Berrak, Esra, Günes.



### Core Themes & Explorations

#### Through Somatic Dialogue explorations

- Recognizing Sensations, Feelings & Emotions – Tuning into the body’s wisdom, learning to listen deeply how movement awakens our bodily sensations and the imagery of our feminine being.
- Connecting to our Body Parts– A guided journey into presence, movement, and self-expression of our pelvis, legs, chest and their relationship to the whole body
- Exploring Feminine Being in our bodies – Exploring our own authentic embodied feminine experience which might not have words but the images will awaken as we dive deep in our somatic explorations
- Embracing Sensuality – Feeling at home in one’s body, exploring playfulness, creative sources, life sources as an internal experience rather than external validation.

#### Forum Themes (Dialogue & Reflection)

- Inherited Images of Femininity – What did we learn from our mothers, grandmothers, and cultural narratives?
- Feminine Image vs. Feminine Being – Exploring learned identities versus embodied feminine experience.
- My Models & Influences – Who shaped my understanding of femininity, and how does it show up in my life?
- The Feminine Image I Created for Myself – Where do I feel alignment? Where do I feel dissonance?
- Inner Conflict: When My Thoughts & Actions Don’t Align with My True Feelings – Exploring tensions between identity, social roles, and personal truth.

Our desire for the workshop is to open up the space to

- Seeing the beauty in every body and everybody – Recognizing that beauty is not a fixed standard but a lived experience.
- Connecting to our feminine being – Deepening presence, appreciation, and self-acceptance.

Creative juices in us - By connecting with our femininity, discover and embody the creative energy within us.



## ABOUT US

### Esra Sertoglu

Esra began her career as an organizational consultant and transitioned to working with small teams, groups, and forums. She is a certified coach and facilitator with extensive experience in fostering trust, promoting open and unfiltered communications, and facilitating conflict resolution in the US, Europe, and the Middle East. Esra designs her workshops to encourage deep exploration on personal and professional topics related to vulnerability.

### Berrak Yedek

Berrak is the founder of Limpid Works and Somatic Dialogue method. Having gone through a long experience in dance she worked as a performer, choreographer and dance teacher. For many years she has been dedicating herself to this method in private sessions as well as group workshops.

### Günes Coban

Günes has worked in the film business as an art director for many years. This gave her the opportunity to meet many different people from very different environments, and worlds with different experiences. After she moved to Prague 8 years ago, she started to work with Berrak Yedek. She helps shape the overall look and feel of Limpid Works.

