

In-person seminar

Ojai, California

NOV.06, 2026 - NOV.08, 2026

THE ART OF SHOWING UP

**Facilitated by
Katie Hendricks
and Noga**

<http://bit.ly/44yyiBk>

<https://hendricks.com>

<https://nogaspace.com>



The experience of movement and vibration (sound in motion) has the power to prolong an internalized sense of happiness, ease, and wellbeing.

Who are we becoming, when we dare to show up in a playful and creative way, sharing our presence, being willing to receive attention? What kind of flow of attention can we weave through our moving and sounding? What kind of playgrounds can we discover?

Playing our inner orchestra:

Using the form of circle singing, which can be experienced as a meditative practice based on repetition and collective improvisation—we cultivate presence and deep listening. What happens to my attention as I repeat a pattern? For how long? What emotions emerge as I improvise, merge with the group, support the collective, take the lead, or step into a solo? How do I feel in silence? This is an invitation to explore the balance between individuality and togetherness through voice and movement.

Each of us carries a multitude of inner voices. What if each one had its own melody, rhythm, texture, or volume? In this workshop, we explore how to become the conductor of our inner choir—listening to these voices, playing with them, and allowing them to coexist without letting them diminish our sense of self. Together, we create a vibrant sonic landscape through melody, rhythm, silence, noise, and dynamic expression.

What will be included:

- Befriending the fear that's glued to your spontaneity in voicing and moving your uniqueness so the universe can flow through you with pleasure and power
- Learning to expand your vocal possibilities and the impact of letting your full voice support your daily experience
- Weaving movement and sound explorations to generate creativity, co-creativity and satisfying connection
- Using vocal practices to expand your creative palette in all aspects of life.

**Come and release old stories and beliefs about your body-
self and generate new
possibilities in this
transformative weekend of
sound, movement and play
that will include strategies for
infusing creativity into all
areas of your life.**