



An Integrative Healing Arts Program

For Adults in All Phases of Cancer Treatment & Survivorship
Developed by Deanna Anderson, RSMTE
and StoryTeller Project, 501C3

Moving Stories™ was developed because life's not about waiting for the storm to pass. It's about learning to "dance" in the rain. It's about finding and developing resources that help us connect with what's real and important in our lives.

When we express ourselves creatively and support others' personal expression we find deeper meaning and engagement in our lives. For anyone facing the challenge of life threatening illness, the goal is not only to heal the body but also the mind and spirit. In creative expression we find a tool for healing.

Explore important questions like...

How can I experience safety and pleasure again?
Who am I now considering such profound change?
How do I become part of the bigger world again?



**HELLO
I AM...
A SURVIVOR!
THIS IS MY STORY**



The person touched by cancer surely has an extraordinary story to tell. This writing, movement, and narrative creation workshop is a first step to uncovering and sharing what is meaningful to you, right now.

In a Moving Stories Workshop we use writing, recitation, gesture language, movement, dance, and vocalization as artistic tools for expression and for therapeutic process. We access our stories through memories, feelings, sensations and images that arise and reveal themselves in the moment. At some point we gather our creative source material and help each other craft a personal Moving Story. We may perform our pieces in the safety of the group, or choose to create an event for friends and family. In either context, your real and powerful narratives offer genuine opportunities for productive catharsis, growth, healing, and personal satisfaction for all the participants. Moving Stories are universal stories, and audience members often express how deeply the stories resonate with their own lives.

Deanna creates and performs her own solo theater pieces, is a Certified Action Theater teacher, trained dancer, Registered Movement Therapist/Educator RSMTE, Supervising Instructor and Program Designer for the Stanford University Health Improvement Program



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Thoughts from Moving StoryTellers

Deanna thank you so much for the lovely guidance you gave us in taking the journey today..You made available gentle yet powerful expressions with just the right amounts of space and depth for all of us.

It was a disparate group, yet through your cadences, we were able to weave (there is that word again!) us together as well as to allow us individually to knit/un-knit

within in a measured creative and safe way. Nice work!

~ Kathleen

Thank you so much for the wonderful afternoon working with movement, sound and stories .

Deanna for creating and leading the experience and each of you for giving so much of yourselves.

We enjoyed it and feel enriched by it. ~ Elizabeth

I think that we learn by stories and we learn by being in the presence of others who are being deep

and real and truthful.

~ A Family Member

Phone numbers of Moving Story Tellers are available from Deanna upon request

~ Presented ~

Saturday, November 22, from 1 to 3 PM

At Bay Area Cancer Connections

(formerly Breast Cancer Connections)

2335 El Camino Real, Palo Alto, CA 94306

Free Introductory Workshop

Contact Deanna Anderson for more information

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