

**The Share Your Heart Project (SYHP) facilitates events for human beings to connect meaningfully to themselves and each other through embodied creativity.**

SYHP events are structured in five stages that are meant to expand participants sense of wholeness in their experience:

1. **Theme:** Themes for self-empowerment are introduced as the ground for gathering.
2. **Movement:** Movement is presented to experience the Theme in an embodied way. Movement is all-levels, gentle and trauma sensitive.
3. **Meditation:** Guided visualizations reinforce the theme, allowing participants to explore mental images and the felt-sense of their bodies.
4. **Creative Expression:** Creative exercises are then presented to capture the insights that participants gain in this process. The act of making moves the wisdom out of the person and on to the page, where their inner world can be seen by the outer world.
5. **Structured Sharing and Listening:** Give space for participants to practice giving and receiving empathy to each other.



These processes are conduits for self-arising wisdom and clear thinking to be present in each participant. The goal of the project is to create an integrated place from which we share our hearts. We do so to increase empathy for one another, to discover previously hidden intersections in our human experience, and to celebrate and learn from our differences.

No two SYHP events are the same, each is a unique co-create that is wholly dependent on current events, the presence of participants, the environment and the needs of the individuals in the group.

The [Share Your Heart Project](#) is founded by Shannon Bronson, a seasoned Yoga instructor and Buddhist scholar with extensive arts practice and experience leading groups. Beyond her Yoga teaching Shannon has a background in event planning, professional design, and is training in Somatic Experiencing® which gently heals trauma through embodied techniques. She weaves her background into designing SYHP events and exercises.

In addition to her current work teaching private individuals and organizations, she is currently creating a kit of creativity and meditations for SYHP to be released in 2022.