

Somatic Centering Practice

- Background: [Staci Haines](#) w. Strozzi [~5 min]
- [Prentis Hemphill](#) w. gs; starting at 2:06min [~10 min]
- [adrienne maree brown](#) w. gs; starting at 3:30min [~15 min]
- [Sumitra Rajkumar](#) w. gs; starting at 3min [~12 min]
- [Alta Starr](#) w. Strozzi; starting at 2min [~11 min]
- [Terna Tilley-Gyado](#): starting at 3:20min [~15 min]
- [Someone](#) w. Strozzi [6.5 min]
- [Beth Berila](#) w. Strozzi & gs influence; starting at 1:20min [~10 min]
- [Kimo Quaintance](#) w. Strozzi; starting at 2:20min [~18 min]
- [Sarah Rimmel](#) w. Strozzi [4.5 min]

*The “starting at” indicates where the practice begins; if newer to centering, I would recommend listening to many of these from the beginning.

*gs = [generative somatics](#); [Strozzi Institute](#)

Compiled by [Anna Lemler](#)