

Course Syllabus for From Loneliness to Connection: Exploring the Body of Loneliness

Instructor Information

Instructors: Joyce Meng and Abisola Olaniyi

Credentials:

Abi - Founder, Be In Colour

Abi leads Be In Colour, a creative platform offering a playground of experimental experiences for thinkers and feelers. Through art, fashion, embodied play and community-rich events, Abi invites individuals to deepen connection to themselves, others and the world. Her approach is driven by compassion, critical thinking and curiosity. Abi brings design-thinking, sensory practice and relational facilitation to craft interactive environments that invite exploration, vulnerability and transformation.

Joyce Meng - Personality Psychology Coach & Somatic Facilitator

Joyce is a certified coach (PCC level) with formal training in internal systems and personality psychology. She blends psychological theory and embodied practice to help people notice how internal patterns, emotions and sensations live in the body - and how we can shift from isolation to connection through somatic awareness and compassionate self-relating.

Contact:

hello@joycemengcoaching.com | @joycemeng22 on Instagram
beincolourshop@gmail.com | @Beincolournow on Instagram

Course Description

This 4-week immersive series explores how loneliness is both an emotional experience and a somatic one - held and expressed in our bodies. Each session focuses on a different region of the body (head, torso, limbs, whole-self) and uses guided exercises, sensory exploration, movement, play and group discussion to move from feeling lonely or disconnected toward embodied connection and belonging.

Through noticing how different parts of our body relate to isolation and connection, we will wake up to the body's intelligence, and reclaim the capacity to feel seen, heard, held and belonging.

Learning Objectives

By the end of this series participants will:

- Recognise how loneliness can manifest physically in different regions of the body.
- Cultivate embodied awareness of senses (sight, hearing), breath, posture, movement and relational presence.
- Practice interactive, creative and somatic techniques to shift from disconnection toward connection - within ourselves and with others.
- Develop gentle rituals and reflections to carry forward into daily life, supporting ongoing connection and wellbeing.

Format & Logistics

Duration: Four weeks, 2-hour sessions per week

Location: 235 Palmerston Ave, Toronto

Registration Link: <https://forms.gle/18iGfxsZXtNXQnfq8>

Price: \$60 for the entire course

Max number of participants: 8, to keep an engaging and connected group experience.

Dates: November 23rd to December 14th, every Sunday @ 2 pm–4 pm (doors at 1:45)

Style: Experiential, relational, inclusive. All genders, ages, orientations, backgrounds welcome

Facilitators: Abi & Joyce Meng

Contact: joycemeng22@gmail.com | beincolourshop@gmail.com

All skill levels are welcome

Weekly Breakdown

Session 1 - ABOVE THE NECK: EYES & EARS

We begin by exploring how we see and hear the world around us - and how these senses shape our experience of isolation and connection. Through guided exercises and partner practices, we'll investigate what happens when we truly see and are seen, when we listen and are heard. This session examines how our primary senses can both contribute to loneliness and become pathways to belonging.

What to expect: Sensory awareness exercises, partner work, group discussion, and embodied practice.

Session 2 - TORSO: HEART, LUNGS & BREATH

This session explores the chest as the centre of longing, grief, and belonging. We'll work with the heart space and breath to understand how isolation lives in our bodies - and how repair becomes possible. Through metaphor and practice, we'll investigate how our breathing

patterns reflect our relationship to connection, and experience what it feels like to be in resonance with another.

What to expect: Body awareness work, breathing practices, partner exercises, and integration.

Session 3 - LIMBS: HANDS, LEGS, MOVEMENT

How we move through space, how we reach out, how we hold ourselves - our limbs tell the story of our relationship to connection. This session explores posture, gesture, and movement as expressions of isolation or belonging. We'll practice noticing what shifts when we move alone versus when we move in relation to others.

What to expect: Movement exploration, walking meditation, partner exercises on reaching and receiving.

Session 4 - GESTALT: THE WHOLE SELF IN CONNECTION

In our final session, we bring together everything we've explored - eyes, ears, heart, breath, limbs, movement - into a holistic experience of embodied connection. Through ritual and practice, we'll investigate what it means to belong in a body, to others, and to community. We'll close with reflections on carrying this work forward.

What to expect: Full-body integration, group ritual, discussion, shared closing ceremony.

Completion & Expectations

To gain the full benefit of the series, participants are encouraged to attend all four sessions and engage (to their comfort) in group practices, partnered exercises, sensory exploration, reflective writing and sharing. Attendance in each session supports the deeper integration of the work. Participants will receive a certificate of completion upon request.

Group Agreements

- Come as you are. All ages, genders, orientations, abilities, backgrounds are welcome. You need only bring curiosity and openness.
- Participation is optional. Your voice, movement, sharing are welcome when you're ready.
- Confidentiality & respect: What is shared in the group stays in the group (unless agreed otherwise).
- Listen with your body: We attend to ourselves, to others, to the field of the group

Typical Session Structure

Each 90-minute session will follow this framework:

- Arrival, settling in, grounding

- Guided somatic warm-up and check-in
- Thematic exploration (locating the body part, noticing sensations, guided reflection)
- Interactive practice (paired/small-group work, sensory play, movement)
- Reflection & group sharing
- Closing ritual & integration

About Your Instructor: Joyce Meng

Joyce Meng is a Personality Psychology Coach, MBTI Master Practitioner, and IFS-Informed Practitioner who bridges typology with the art of embodied healing. With over a decade of experience and more than 2,000 hours of coaching, Joyce guides individuals toward emotional integration and self-understanding through the body. Drawing from her training in trauma-informed coaching, attachment theory, and Internal Family Systems, she helps participants recognize how loneliness is not just an emotion but a lived, sensory experience. Currently completing her Ph.D. in Psychology, Joyce brings warmth, curiosity, and psychological depth to every session - inviting people to reconnect with their breath, body, and innate capacity for belonging.

Why Joyce Created This Course

Joyce created The Body of Loneliness from a lifelong inquiry into one of the quietest forms of pain - existential loneliness. For much of her life, she carried the sense of being surrounded by people yet still feeling profoundly alone. Through her work in psychology, somatics, and Internal Family Systems, Joyce began to realize that loneliness is embodied. It lives in the nervous system.

For Joyce, the path out of loneliness has been one of coming home to her body - learning to listen, to regulate, and to reconnect from the inside out. This course is her way of sharing that discovery. It is an invitation for others to explore loneliness not as a flaw or failure, but as a message from the body asking to be met. Her hope is that, through these explorations, participants will rediscover what it means to truly belong - in themselves, and with one another.

About Your Instructor: Abisola Olaniyi

Abi is the creator of Be In Colour, a platform devoted to transforming the way people experience connection through art, fashion, and sensory play. Her workshops are living galleries of emotion - spaces where colour, sound, and movement invite participants to rediscover the wonder of being human together. With a background in creative facilitation and community design, Abi weaves curiosity, compassion, and critical reflection into immersive experiences that awaken both thought and feeling. Her work bridges aesthetics and empathy, helping people translate what feels abstract or lonely into something shared, embodied, and alive.

Why Abi Created This Course

Abi created The Body of Loneliness from the experienced understanding that “one cannot think themselves out of how they feel.” Like the art she creates, Abi seeks to invite others who identify similarly into a practice to re-learn patterns of engaging with themselves and others. Through research, authentic relating techniques and principles of design; this course bridges the various paths Abi has walked to integrate what fragmented approaches miss: that connection happens through bodies learning to be present with each other.