



*The Inside Story of Our Outsides*

Our bodies speak. Every facial expression, every gesture, every little movement is a statement. BODY TALK teaches you how to understand what you and other people are saying without words. Michael Trautman's thirty years of studying movement has given him special insight into how we speak with our bodies. In BODY TALK Michael shares his secrets through lecture and demonstration. This highly entertaining presentation will open the eyes of students and teachers alike to the language that we all share and can already speak without even knowing it!

Besides the obvious application of BODY TALK to the performing arts, the benefits of exploration into this not-so-secret language include:

- Improved communication skills
- Physical fitness
- Improved gross- and fine-motor skills
- Personal and social interactions
- Self-confidence
- Public speaking improvement
- Improved awareness of others' feelings and thoughts
- Increased empathy

This program is flexible and can be presented to grades K through 12, although not all at the same time! Material and specifics are altered to suit the grade level. A Study Guide is available online. Support materials available online and in CD format.

A BODY TALK workshop is available. Appropriate for grades 4 through 12. Also, BODY TALK FOR TEACHERS, a workshop specifically designed to help teachers understand and use their own and their students' body language.