

# Reclaiming the Rainbow

## A Six-Week Online LGBT+Creative Wellbeing Course

Join us for a multifaceted creative exploration of sexuality, gender and community, themed around LGBT+ rainbow flags. Infused with wellbeing and connection, we'll move through the Progress Pride flag's colours and meanings. From manifestos, spells and incantations to movement practice, through to our connections to ecology and the elements. In a safe and contained environment, we'll support each other around grief and loss. We'll celebrate relationships and sexualities, in their kaleidoscope of forms.

Anyone with an interest in writing and creative wellness can attend. Members of the LGBTQIA+ community, of all intersectional, gender and sexual identities are heartily welcomed. This will be a safe and inclusive environment where gender, gender expression and sexualities are respected and celebrated.

**Places are limited to 15; we anticipate reaching capacity. To register your interest, please add your contact details on this form:**

<https://forms.gle/i6ggmvg3g4Qs8oREA>

**Course Dates: Mondays 7 - 9pm (GMT); Feb 1st, 8th, 15th, 22nd; Mar 1st, 8th**

(Limited number of subsidised places available where there are financial barriers to your participation.)

**Loussin-Torah Pilikian** is a talented actress, multi-disciplinary artist and yoga teacher based in North London. From mental health and relationships, to race and social injustice, her poetry expresses the raw and vulnerable truth. Loussin-Torah is the founder of Speak Easy, a fearless community of sensational storytellers and powerful artists, where she helps people gain social and emotional confidence through poetry, movement and performance. She is a cofounder of Wombxnity; a gender-inclusive poetry, music and movement medicine jam, and is a company member of Represent Theatre.

**Chris Hubley** is an artist, drag performer and art historian, and has been involved with organising various queer events over the years. He is a bisexual genderqueer trans man, and has written about how queer lives and identities can be explored through visual art and the role institutions play in determining which art and artists gain recognition. His goals in life are to create spaces for marginalised creatives to share their work and destroy the low/high culture dichotomy.



**Caleb Parkin** is a day-glo queero techno eco poet & facilitator, based in Bristol. His poems are published widely in journals and online. He tutors for Poetry Society, Poetry School and First Story and holds an MSc in Creative Writing for Therapeutic Purposes. He's currently working on his first collection, focused on queering ecopoetry and from October 2020 will be the third Bristol City Poet.

**Emma Edwards** is a solution-focused hypnotherapist, yoga teacher and diversity trainer based in Bristol. As a queer woman she is passionate about diversity and accessibility in wellbeing, and she trains fellow therapists in working with LGBTQ+ clients. Her Queer Yoga class in Bristol celebrates and welcomes all members of the LGBTQ+ community. She is also a qualified end-of-life doula and used to run Bristol Death Café.