

ANNIE CONOLLY

SENSORY AWARENESS LEADER

Leader Profile

Annie Conolly has been developing somatic work during their exploration of Sensory Awareness, a mindfulness study. They have conducted and participated in workshops throughout the United States, Mexico, and Europe. This led to their certification in Sensory Awareness and ignited a desire to integrate this work into the western workplace.

Work Experience

SENSORY AWARENESS LEADER

Selver Intensive Online
April 17-18, 2021

Explored themes of stability. *A Taste of Sensory Awareness*, edited by Mary Alice Roche and Gordon Bennett from transcripts of Charlotte Selver, was used as source material. Classes included breath meditation, authentic movement, observing the mind, and sitting.

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Barra de Navidad Intensive
February 28 - March 8, 2020

Fifteen classes included silent meditation, walking meditation, trips to the Mediterranean coast, and mindfulness experiences by way of eating.

SENSORY AWARENESS PARTICIPANT

Pallafrugell & Barcelona Workshops
Dec. 27, 2019 - Jan. 7, 2020

Classes exploring the awareness of human anatomy through walking meditation, breath meditation, and Mauna. Sessions focused on sensing through touch, sight, and sound.

Contact Information

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Areas of Expertise

- Meditation & mindfulness practices.
- Creative workshop structures.
- Client-focused classes.
- Engaging personality & charismatic energy.

Academic History

SENSORY AWARENESS FOUNDATION 2021

Sensory Awareness Leadership Training Institute

- Certified in Selver/Sensory Awareness
- Graduated first of class
- Thesis: Bridging the generational gap of meditation by fusing modern practices with ancient techniques.

UNIVERSITY OF NORTH CAROLINA AT GREENSBORO 2020

School of Visual and Performing Arts

- Bachelor of Fine Arts in Acting
- Minor in Musical Theatre
- Meditation Group member
- Alpha Psi Omega National Theatre Honors Society member
- UNCG Sapphires; Premiere Female A Capella Group member
- Volunteer teaching (high school: theatre & music)

Professional Profile

- Sensory Awareness Leader in the Selver Intensive Online, 2021.
- Sensory Awareness Leader in the Selver Barra de Navidad Intensive, 2020 (Jalisco, Mexico).
- Sensory Awareness participant in the Selver Spain Intensive, 2019 (Pallafrugell & Barcelona, Spain).