

# THE SUNFLOWER PROJECT

HELPING SURVIVORS TURN TOWARDS THE SUN

[towardsthesun.org](http://towardsthesun.org)



## WORKSHOPS

- 1) Demand To Be Heard
- 2) Art Jams
- 3) Body Memory Method

## PRESENTATIONS

- 1) Leah's story
- 2) Dance/Art/Body Memory Method
- 3) Forgiveness/Friends

## PERFORMANCES

- 1) Untold
- 2) Bittersweet
- 3) New collaboration

## OUR MISSION

The Sunflower Project educates young people on sexual violence and relationship abuse and empowers survivors to tell their story through artmaking.

## BOOKING

[leah@towardsthesun.org](mailto:leah@towardsthesun.org)  
(323) 600-4420





# ART MAKING WORKSHOPS

- 1) Demand To Be Heard** workshops are led by TSP artists and give survivors and allies a space and resources to explore and share their stories through art.
- 2) Art Jams** provide a unique opportunity for all members of the community to freely explore and express themselves through a variety of art genres in a low-stakes, casual setting.
- 3) Body Memory Method**, created by founder Leah Zeiger, is a body-based philosophy. Participants will learn how to implement the Body Memory Method into their daily lives through guided movement and conversation.

## PRESENTATIONS

### Leah can speak about...

- 1) Telling her story of my abusive relationship and how I survived
- 2) Exploring a focus on the body: Creating the Body Memory Method, dance and artmaking as forms of survival, connection and celebration
- 3) Focus on forgiveness: How Leah found forgiveness, and reconnected with old bullies

*All presentations can include interactive components such as a panel discussion, Q&A, film presentation or performance.*

## PERFORMANCES

### 1) Untold - [watch here](#)

*Three years after their shared nightmare, the filmmaker and his daughter get together to tell the story that is rarely told, one of a teenage dream turned into a family nightmare.*

### 2) Bittersweet - [watch here](#)

*A dance film or live performance exploring the bittersweetness of survival - mourning the person you could've been and celebrating the person that you became because you are a survivor.*

### 3) Let's make something together!

*Our possibilities are endless!*

*All of these offerings are embedded in art making process, hyper interactive + customizable to accommodate a range of audiences, venues, time limits, audiences and budgets.*

*Possible audiences can include teenagers, parents, teachers, advocates and allies, organizational staff or constituents, survivors, the public, or any combination of these..*