

Anne G. Kinne, PhD

Integral Writing Doula

From the Inside Out Workshop Series:
Uncover Your Sacred Nature



*"Don't turn away. Keep your gaze on the bandaged place.
That's where the light enters you." ~ Rumi*

In the From the Inside Out workshops, we work somatically (within the body), integrally, and energetically to uncover blocks—those old, negative voices that lurk in the shadows yet demand to be heard—you become your own inner archeologist, finding places where thoughts such as “You’re just not good enough” or “You’re too stupid/fat/thin/ugly...” are located. From there, we use Carl Jung’s active imagination and shadow work to get to know these parts of ourselves that have long been hidden—in doing so, we find our own, embodied truth.

Somatic writing—you do not have to be a writer—and drawing is like having a flashlight of awareness with us as our inner terrain is explored: it illuminates ideas and beliefs about ourselves that now—in our life today—hold us back from our full potential. When we find these hidden spots, when we find our truth, we find our voice.

In addition to the more somatic focused workshops offered, I am also an academic advisor and mentor, dissertation coach, and integral editor for any type of written work.

Foremost, I recognize and honor the unceded lands of the Yurok and Wiyot peoples upon which I live and work. My work is trauma informed, combined with 40-years’ experience in the sacred arts of pranayama, meditation, and various somatic energy modalities, with my doctoral research on trauma and the healing qualities of the Divine Feminine found in Nature, and then blended with over two decades experience in teaching, tutoring, and editing. I work as ally for all voices that have been historically marginalized.

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Workshops – sliding scale \$149–\$199

Private sessions and basic paper review –
sliding scale \$60–\$90/hour

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