

Sites of Shaping/Change

(Based on the model created by Andrew Lang)

Poster designed by @interiorgardeningindia

Prompts for reflection:

- How are you shaped by each of these sites?
- In what ways were you taught to embody each of these sites?
- How do they live in your body and your own life story?
- Is what you are practicing aligned with what you care about and who you want to be?

Scan the code to learn more about the Sites of Shaping/Change and the Strozzi Institute's work on Somatics.



Spirit/Landscape

Social Norms /
Historical Forces

Institution

Community

Family/Intimate Network

Individual