



J'aime Morrison is a Professor of Movement at California State University, Northridge and she holds a Ph.D. in Performance Studies from New York University. She was also a faculty Fulbright Scholar in Movement in Lisbon, Portugal. She has taught Master Classes in Dance and Movement in Lisbon, Shanghai, Dublin, Belfast, London, Los Angeles and New York City. A dancer, choreographer, educator and most recently a filmmaker, Dr. Morrison is

an expert in movement, physical expression and somatic studies. With *Mourning Surf*, she turns her attention to grief and the body, specifically how grief is expressed physically and how movement is an essential part of the grieving and healing process.

After losing her beloved husband Jim to brain cancer in 2015, J'aime began working on a short film titled *Upwell*, which composes a visual intersection of body movements to translate her experience with grieving, illustrating the role of both dance and surfing in her journey. The film has been an Official Selection at numerous film festivals and won “Best Experimental Film” from The Santa Barbara International Fine Art Film Festival and the California International Shorts Film Festival and was awarded “Outstanding Excellence” in “Direction” and “Original Concept” at the Depth of Field International Film Festival.

Dr. Morrison developed a series of expressive grief workshops for the international organization, *Hope for Widows*, offered via Zoom throughout the pandemic. She continues to build on this work by offering movement for grief workshops in collaboration with Groundswell Community Project, Camp Widow, Santa Monica Yoga, Move Sanctuary and Yoga Soup.