

Transition/Position/Transition



A Move into Life workshop with Sandra Reeve

13-14 March, 2010 ~ €150 ~ Amsterdam

Explore the movement dynamics of transition and position through walking, standing, sitting, lying, crawling, jumping, stretching, rolling.

The choice of whether to go or to stay is constantly present in life:
stay with a feeling? let go of a habit? leave a relationship? commit to a situation?

Our attitudes are always present in the way we move. We can explore and learn more about those attitudes by investigating our movement. And we can change those attitudes by moving differently. Over this weekend, we shall explore:

**Going/Staying ~ Arriving/Leaving ~ Being Visited/Being Left ~
Traveller/Homestayer ~ and the attitude of Guest.**

Open to all. No previous movement experience required ~ **Recognise the familiar. Play with change.**

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Move into Life is inspired by Sandra's work with Suprapto Suryodarmo over the last 20 years

Find out more at www.moveintolife.com