

Move into Life

with Sandra Reeve

News, workshops, events: Spring / Summer 2010

Ecological Movement

If you've worked with Prapto before, you'll know what an extraordinary process it can be. Impatience, frustration, delight, and the dawning light of understanding can all chase one another across the space.

Last June, he and I ran a closed, week-long workshop in West Dorset on **Ecological Movement** for the Training Group. As a result, we're repeating the workshop this year – but this time it's open to anyone who has worked with one or other of us before – but spaces are limited.

Below you can see Prapto moving with 'Woman' - one of the extraordinary sculptures which the group visited in Greta Berlin's sculpture garden.



Woodland (above) is one of the sites for **Strata** – the **Autobiographical Movement** workshop in July.

For anyone who hasn't been on a Strata workshop, it's a chance to integrate any movement and other enquiry work (personal practice, therapy, meditation, etc) in 5 days of dedicated movement.

We work on and around Stonebarrow, in its woods and valleys, on the cliffs and the shore under Golden Cap - and in Wootton Fitzpaine village hall. It can be a magical and inspiring week.

World Environment Day at Avebury:

Founded in 1999, **Web Art Garden** is an international network of people interested in art, culture and environmental issues and who want to share experiences from their own ecology through artistic activity.

This year, everyone is again invited to Avebury stone circle to move with Prapto, participants in his Avebury workshop and other visitors from around the world.

World Environment Day is June 5th, which is a Saturday this year – so a chance to spend a day with Prapto and others, even if you haven't got time for a workshop.

Details of the event, and photos from the last two years, are on the website at www.webartgarden.com



Left: the derelict chapel at Stanton St Gabriel, at the foot of Golden Cap. In July, I'll be giving a movement performance here entitled 'Absence', accompanied by violinist Eleanor Davis.

New workshops website: www.moveintolife.com

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Workshop programme Spring/Summer 2010

Journey: Rock to Sea - Environmental Movement workshop

May 1st – 3rd, 2010

Location: Dunmoran, Co. Sligo, Ireland

Cost: €225

Details and bookings: +353 (0) 87 418 4184 (Karen O'Shea) or www.moveintolife.com

How can we retrieve a sense of ourselves as part of the world we live in - rather than seeing the world as 'being there for us'?

How - in movement - can we go from a sense of longing to one of belonging? From a sense of territory to one of shared habitat?

This is a question for both Environmental Movement workshops.

Journey: Valley to Rock to Sea - Environmental Movement workshop

May 15th – 17th, 2010

Location: Isle of Purbeck, Nr. Swanage, Dorset

Cost: £155

Details and bookings: 01297 560511 (Sandra Reeve) or www.moveintolife.com

Web Art Garden (A day of movement, dance, poetry and other shared contributions to mark UNESCO World Environment Day)

June 5th, 2010 (see website for times)

Location: Avebury Stone Circle, Wiltshire

Cost: Free

Details (no booking needed): www.webartgarden.com



Web Art Garden, Avebury in 2009



The Ecological Body – Movement workshop

Jointly led by Sandra Reeve and Suprpto Suryodarmo, Javanese Movement Artist.

June 6th - 12th, 2010

Location: Stonebarrow, Charmouth, West Dorset

Cost: £370.00

Details and bookings: 01297 560511 (Sandra Reeve) or www.moveintolife.com

Left: 'Moving in a misty garden':

The Ecological Body workshop, June 2009

Absence – Performance (Sandra Reeve and Eleanor Davis)

July 18th, 2010

Location: The Old Chapel, Stanton St Gabriel, West Dorset

Performance details and bookings: 01297 560511 (Sandra Reeve) or www.moveintolife.com

Strata: Autobiographical Movement workshop

July 24th – 28th, 2010

Location: Wootton Fitzpaine, West Dorset

Cost: £225

Details and bookings: 01297 560511 (Sandra Reeve) or www.moveintolife.com

Suspend judgement ~ Open and widen awareness
Simply observe, listen and feel
Experiment with different lines, angles, points of view
Play with proportion and perspective
Let go of balance and control
Push, take off, find new levels, commit to a movement
Experiment with spontaneity and new rhythms.

Thank you for reading. If you'd like more information on any of the workshops or events mentioned here, please get in touch or visit the website. The new workshops website has details of the whole **Move into Life** workshop cycle – including the Mindfulness and Cross-Currents workshops earlier this year and the recent weekend workshop in Amsterdam.

You can also sign up for e-mail updates at my websites.

Here are the website and contact details again:

Move into Life workshops site: www.moveintolife.com

Web Art Garden website: www.webartgarden.com

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