

# Cross-Currents

## Movement and Communication Workshop

27<sup>th</sup> - 28<sup>th</sup> Feb and 27<sup>th</sup> - 28<sup>th</sup> March, 2010 ~ West Dorset

Discover the  
part  
your  
moving  
body  
plays in  
communication



**We cannot 'not communicate'**

This introductory workshop explores, through movement, the communication that happens between us. Run over two weekends, it leaves time to practise and to return to the second workshop able to investigate more fully. Through movement and physical sensation, you will be guided to explore:

- How you embody communication - the shape, flow, structure, habits and patterns of your movement when you are with others
- How you could embody it differently
- Ways in which you can 'read' your movement
- How you respond to others and how they respond to you
- How you approach and leave, engage with or avoid other people
- How your beliefs and assumptions shape your movement
- How best you can enter the space that is 'unknown'

Our attitudes are always present in the way we move. We can learn about them by investigating our movement. And we can change those attitudes by moving differently. Over these two weekends, we will explore: **Pulling and Pushing ~ Personal Space ~ Greeting and Leaving ~ Distance and Closeness ~ Question and Statement ~ Closed and Open.**

You don't need any previous experience of **Move into Life** or other movement work.

**Cost:** £190 for the 4 days (excluding accommodation – send for a list of local B&Bs.) To book, please send a deposit of £35.00 (make cheques payable to Sandra Reeve) to:

**Move into Life** with Sandra Reeve

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