

Move into Life

with Sandra Reeve



Journey - Rock to Sea: Environmental Movement

Movement Workshop: 1st - 3rd May, 2010 • Dunmorán Head, Co. Sligo

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?

Over these 3 days, you will be gently guided to explore the nature of habit and of change - to uncover and re-imagine your habits and expectations. And in this extraordinary place by the ocean, you may find a new or different sense of proportion and a new or different appreciation of our place in the scheme of things.

What happens when you move - and pay attention to your movement - outside? How does your movement vocabulary change when you go from a room to the cliffs, rocks and shore - when the sky becomes your ceiling and the horizon your wall?

Come and explore, through movement, questions like:

- what happens if you let sounds guide your movement?
- how do your rhythms & movement patterns change outside?
- do you prefer to stay low, go round, climb up or be among?
- where do you feel connected with your environment and when do you feel adrift?
- when do you find balance and when do you seek disruption?
- what are your expectations of yourself and others?

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.

Each day we make the same journey from cliff to shore. How does the journey change? How does your mood respond to the weather and the others? What habits do you come across? What can you change and what seems impossible to change? What do you look forward to and what irritates you?

What previous participants have said:

"Moving in nature seems to awaken my senses in a way I rarely experience indoors. My sense of sight, touch, smell, taste and hearing are involved. As are my body sensations and movement and my emotions and thoughts. All are congruous, alive, open and responsive to the moment by moment changes that are occurring in me and in the environment."

"Sandra is a quite extraordinary teacher. Anyone who gets the chance to work with her should jump at the opportunity."

How we move is as distinctive as how we speak. Our movement has its own accents and vocabulary – but we seldom notice them.

What is Move into Life?

Move into Life is not performance or dance: it's about daily movement. It helps you to experience yourself differently and make changes. Find how your movement changes with your condition, mood, state of mind, surroundings and other people.

Move into Life workshops can shed light on patterns of anxiety, stress, grief, shyness, excitement and anger, on your relationships, your work-life balance or other daily concerns.

Move into Life draws on Buddhist principles of mindfulness and on Amerta Movement (the teaching of Suprpto Suryodarmo).

What will happen?

You will be invited to move in your own way, to be curious about your movement and be given guidelines to follow. The workshops are always stimulating, invigorating and fun.

Is it for me?

Adults of all ages attend, including:

- Psychotherapists, teachers and performers with a professional and personal interest.
- People with a passion for movement who've never done anything like it before.

What will I get out of it?

Feel how your habits and attitudes affect your life. Experiment with different ways of moving. Discover new movement skills. You may find that walking differently changes the way you feel about your life. Really!

About Sandra Reeve

Sandra has led **Move into Life** workshops in Ireland since 1995. She recently received a PhD from Exeter University for her work on 'The Ecological Body'.

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

Cost: €225 for the 3 days (excluding accommodation).

An An Talamh Workshop. Bookings/information: Karen O'Shea 087 418 4184

www.moveintolife.com