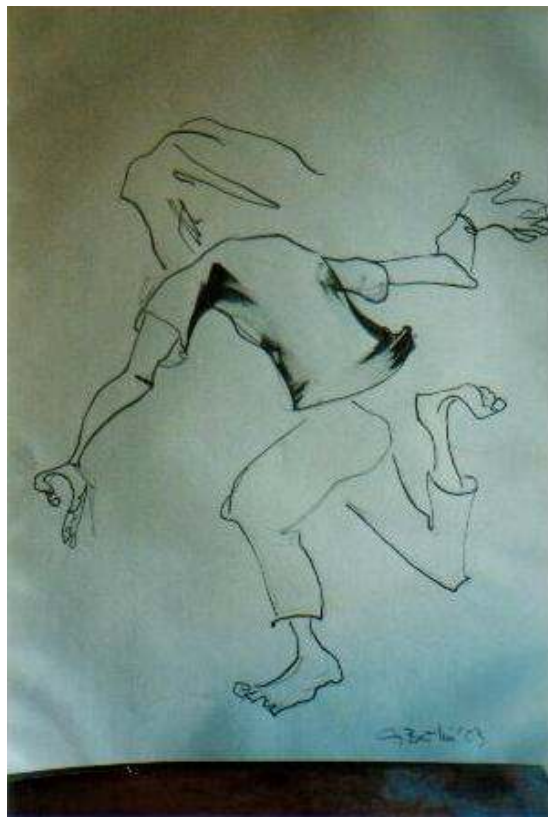


Move into Life with Sandra Reeve

# Mindfulness in Movement

Movement Workshop

23<sup>rd</sup>-24<sup>th</sup> January, 2010

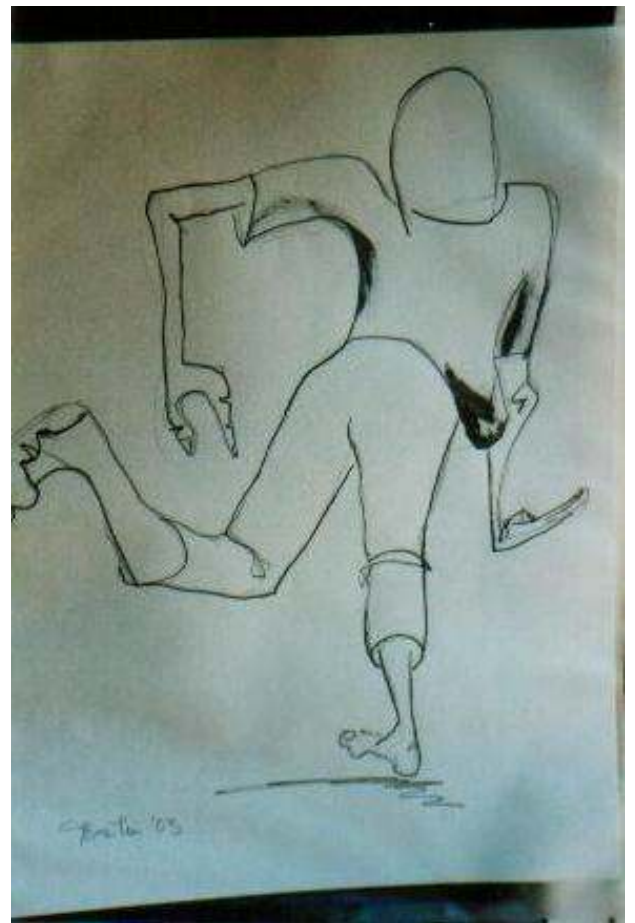


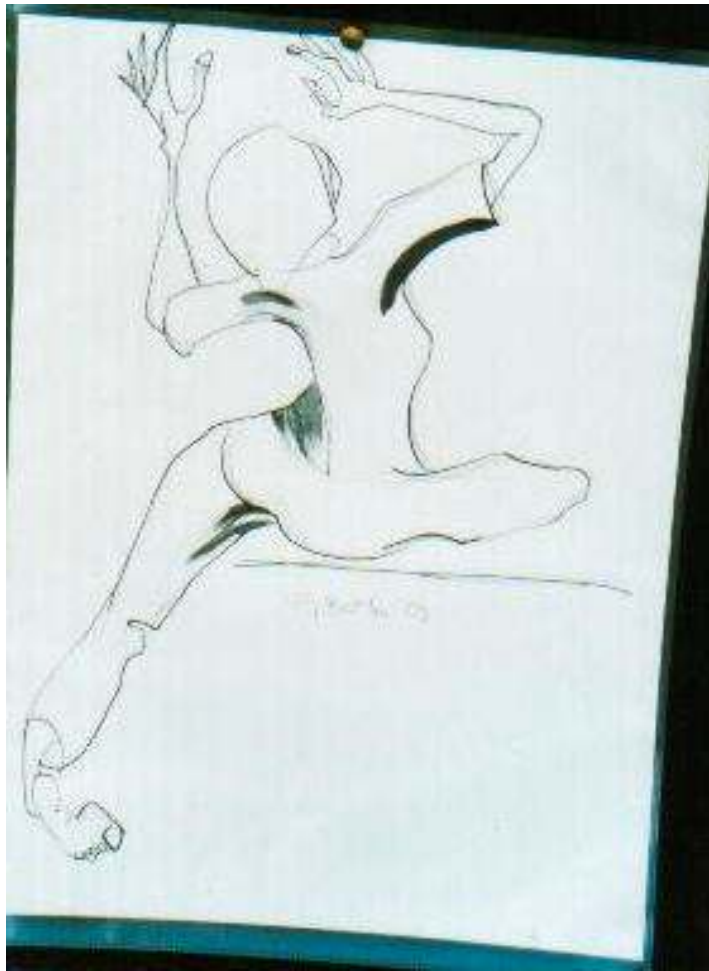
Wootton Fitzpaine, West Dorset

This introductory workshop explores, through movement, what it means to be present in our bodies, in the moment, in our surroundings, with what is.

You will be guided to explore and become aware **through movement and physical sensation** of:

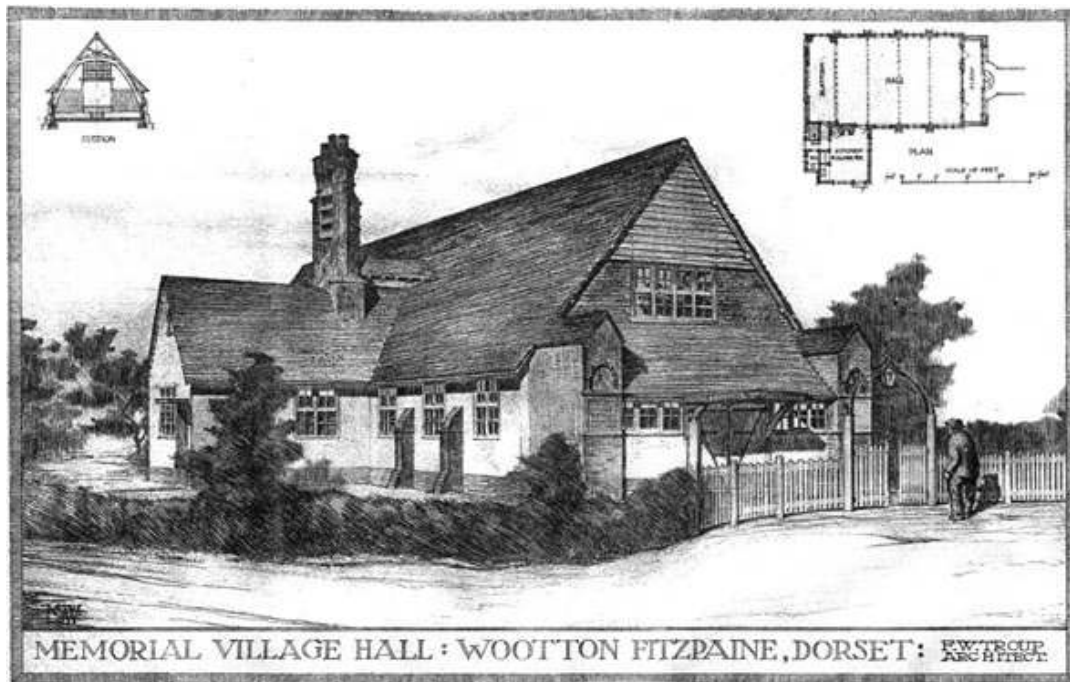
- Your body structure
- How you use the space
- How you move through the world and amongst other people
- What's going on around and behind you
- How you follow or leave your 'line of movement'
- Times when you engage unnecessarily with pasts and futures
- Your capacity to anticipate
- How your movement affects others and the environment (and how they affect you and your movement)





The workshop will draw on Laban's Four Efforts: flow, weight, space and time. It will also draw on Kestenberg/Loman Movement Profile Rhythms. But you don't need (and won't be expected to) know anything about these approaches or to have any previous experience of **Move into Life** or other movement work.

Held in the beautiful Arts & Crafts Village Hall at Wootton Fitzpaine, this refreshing and revitalising 2-day workshop is a chance to move in your own way and to encounter the basics of **Move into Life**.



### **Previous participants have said:**

*"My first experience in this work with Sandra Reeve was such a powerful and basic lesson for me that my mind still reels from the experience. That lesson was to find the measure and rhythm of my own step... it comes to mind daily and calls me back to my reality."*

*"Fun, inspiration, clarity, understanding, relationship, space."*

*"I have come home feeling incredibly restored - feeling so much 'in the present' that I can scarcely believe it. Such a sense of liberation."*

To feel your feet on the ground. To breathe  
To receive your condition. Not to run away.  
To breathe. To let go – deep inside.

To see, to hear, to take a step in your life.

Step by step gives direction.  
Sincerely to follow where you are coming  
from.

To loosen the holding  
In the body  
Which chokes your life.  
To relax.

To allow the changes  
In each moment.

To study  
Time and space.

To be still.

No longer to re-act  
But to respond  
To another.

Response-ability.

To grow more intimate with  
yourself  
Until inner life and outer act are  
one.



The workshop is led by Sandra Reeve, who has recently completed a PhD on *The Ecological Body* at Exeter University.

Her work draws on Buddhist principles and the teaching of the respected Javanese movement artist Suprpto Suryodarmo (with whom she has worked for over 20 years).

Sandra is also a Senior Registered Dance Movement Psychotherapist and an experienced Shiatsu practitioner.

# Body in Movement

## Movement Workshop details:

**Cost:** £100.00 + accommodation (B&B/campsite list sent on request or view it at <http://bit.ly/2wYW4s>).  
*15% discount if you book and send your deposit before 3/12/09.*

**Location:** Wootton Fitzpaine, West Dorset

## Contact details:

**Website:** [www.moveintolife.co.uk](http://www.moveintolife.co.uk)

**e-mail:** [info@moveintolife.co.uk](mailto:info@moveintolife.co.uk)

**tel:** 01297 560511 (intl: +44 1297 560511)

**post:** Move into Life  
Westhay, Charmouth, Dorset DT6 6SD

If you're booking near the time, please ring or e-mail first to check that places are available.

To book, please send a deposit of £50. (The balance can be paid at the workshop). If you need to cancel, your deposit can be transferred to another workshop.

*Please make cheques payable to Sandra Reeve or contact me for Bank Transfer details.*