

# Move into Life

with Sandra Reeve

## Strata - Autobiographical Movement

Movement Workshop: 24<sup>th</sup> - 28<sup>th</sup> July, 2010 • Wootton Fitzpaine, West Dorset



Choose one of the stories that you tell yourself about yourself: the sort of person you are ~ what you like and don't like ~ how lucky or unlucky you've been ~ how the rest of your life will be... then explore it through movement.

In this 5-day workshop, you will be invited to select a theme present in your life as you arrive, to move with it and explore it in different surroundings – both indoors and on an ancient hill fort (right), by the sea and in the woods.

At the end of the workshop, you will be invited to create and share a short movement piece to help you crystallise your experience and to be witnessed by the others. This can be an extraordinarily powerful way of healing old wounds, restating new intentions or affirming change.

Throughout, you will be guided as you explore new movement forms – focusing on future possibilities as well as existing beliefs and habits. It's an opportunity to get a new perspective on your own mythology and a chance to bring your movement 'up-to-date' and allow creativity to emerge from your life experiences.

Whatever themes or stories you decide to explore, I hope you will leave this workshop feeling exhilarated and well equipped to make significant changes in your life.

**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.**

### Previous participants have said:

*"Autobiographical Movement work took me to meet an ancestor inside me, completely by surprise, and find connections to creatures that live with us on our planet, and begin to see the world through their eyes."*

*"Move Into Life ... enables me to experience thoughts, feelings and physical sensations more clearly. For me it is connected with freedom and joy; a way to realise what life is and can be like."*

*"It allows a fullness of expression which words do not allow. It has been a barometer of my development without being invasive or over serious. It is a great joy."*



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

**Move into Life** is about daily movement. It helps you to experience yourself differently and make changes.

**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.

### Is it for me?

You must have some movement experience to come on this workshop. Others in the cycle are open to adults of all ages, including:

- Psychotherapists, teachers and performers with a professional and personal interest.
- 'Ordinary people' who've never done anything like it before.

You do need previous experience of **Move into Life** or other movement work to attend.

**Cost:** £225 for the 5 days (excluding accommodation).

Bookings/information/map/accommodation list: [www.moveintolife.com](http://www.moveintolife.com)

Or call: **01297 560511**