

Being Green Again

Reconnecting to our Evolutionary Movement Lineage

with Amy Kiara Ruth and Penny Allport



*“We began as mineral
We emerged into plant life and into
the animal state, then to being
human*

*And always we have forgotten our
former states,
except in early spring,
when we dimly recall being green
again.”*

~ Rumi (translated by Coleman Barks)



Sunday, April 26th 2015

10am ~ 4pm

Sacred Space, 3574 West 4th Avenue, Vancouver, BC

Engage in the creative play of breath and movement, sound and sensation, metaphor and meaning.

Re-member the wisdom and eternal resource of your animal body.

Attend the subtle rhythms of life emerging in the unfolding now.

Embrace and welcome ease in movement through explorations in the movement patterns of our biological history.

Restore play as a primary healer in the renegotiation of limiting movement patterns.

Experience your self freshly. Be Green Again!

\$75.00 or two come for \$130.00 (please add gst)

~ registration is required as space is limited to 12 participants.

This workshop is open to individuals and professionals wanting to cultivate embodied presence and deepen their connection to playful inquiry-based work.

Penny Allport has been facilitating individuals and groups in inquiry-based process through the resources of Yoga, Continuum Movement, Continuum Montage, Dream exploration, perceptual inquiry and writing. Penny is the originator of The Yoga of Perception, a harvest of movement and perceptual process work from a rich tradition of somatic practices. She welcomes any opportunity to restore the gifts of imagination and play as primary healers of human expression and kindness. www.pennyallport.com

Amy Kiara Ruth, BSc (Kin, Ed) is a kinesiologist and somatic movement educator. She draws upon her extensive movement experience to facilitate increased ease and embodiment in movement and presence. Amy enjoys working with individuals from a variety of backgrounds and has a special interest in enlivening established movement forms through perceptual play. www.amykiararuth.com

To Register: pennyallport@gmail.com or 604 803 4607 or 604 885 4663