

How Life Moves

An Inquiry into the Restoration of Imagination & a Call to Creatively Engage with Life

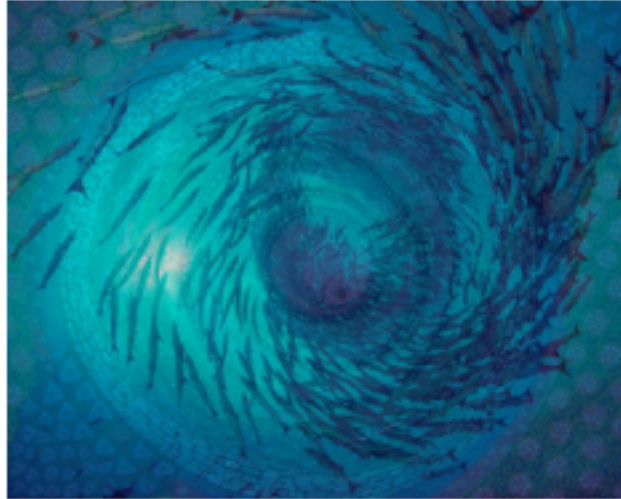
With Caryn McHose and Penny Allport

Friday, Feb. 22 – Monday, February 25, 2013
Dream Lodge, Wilson Creek, Sunshine Coast, BC

This class is experiential in nature. It is about movement and the exploration of perception, imagination, and sensation.

How do we liberate ourselves from habitual patterns of movement?

How do we evoke creative expression and a broad spectrum of relational capacities?



The inquiry is playful, engaging and life affirming. This work is relevant to anyone interested in the flourishing of life.

Our inquiry is inspired by the imagination of nature and evolution. Evolution offers us a metaphor drawn from the creative history of life on Earth: the various creature shapes and movements engage our own embodiment and movement potential.

Using experiential anatomy and exploring gravity orientation, we foster perceptions which bring alive the latent intelligence that lives within us and desires to come forth. Our broadening of expression and direct experience of these dimensions allows us to feel our human form in ways that facilitate us in meeting the demands of modern life.

This offering draws on a wellspring of creative processes of movement inquiry, writing, painting and practices of awareness. Creativity is our inherent state. How do we find the authentic creativity of this moment? When we meet the present movement with curiosity and a willingness to be touched by context, supported by community, we feel belonging. We arrive in a place of potency – the embodied now. We return to our daily lives nourished, with increased capacities and resources for the mysterious journey before us.

Caryn McHose has taught creative movement for over 40 years. She created the experiential anatomy curriculum at Middlebury College and this course formed the basis of *Bodystories: A Guide to Experiential Anatomy*, by Andrea Olsen, with collaboration from Caryn McHose. She is the co-author (with Kevin Frank) of *How Life Moves, Explorations in Meaning and Body Awareness*. Caryn is a SE Practitioner with a private practice in Somatic Movement Therapy and teaches internationally. Caryn and Kevin founded Resources in Movement in Holderness, NH. www.resourcesinmovement.com

Penny Allport is a creative explorer with a passion for all that is possible in the living inquiry of what it means to be an embodied human. For over two decades she has facilitated individuals and groups through explorations in Yoga, Continuum Movement, Continuum Montage, perceptual inquiry, creative expression, storytelling and dream inquiry. For over a decade she has explored and developed *Painting from the Inside Out*, a process oriented practice, which taps the infinite imagination and creativity of each individual through the immediacy of painting images that reveal the heart's enduring call to express in form, the hidden potential in the wordless mystery of life unfolding. www.pennyallport.com

**Hours of workshop: Friday 7 - 9:30, Saturday 10 - 4, Sunday 1 - 9 (evening dream time inquiry) Monday 10 - 3
\$475.00 (plus HST) • Early bird registration by January 22, 2013 \$425.00 (plus HST)
\$100.00 non-refundable deposit secures your space.**

**To register: pennyallport@gmail.com 604.803.4607 or 604.885.4863 (Sunshine Coast)
Reasonable and local accommodations available by registering early.**