

Moving Mondays Returns!

Monday, February 17 - Monday, March 31, 2014

6:30 - 8:30 p.m

Drop-ins welcome!

with Penny Allport

DreamL edge, Wilson Creek

life moving life moving life moving life

Inquiry based means we are all explorers meeting in a field of curiosity and wonder, listening deeply to the intrinsic intelligence of life moving through our microcosmic bodily nature in the present moment.

There is a safe container, and an offering of seeds and shapes of expressions of moving life drawn from the intelligence of the living earth, and the body's elemental and creature ancestry.

We experience intrinsic fluid strength, the relaxation of effort and the mutability of form.

Old habits fall away as life is allowed to move in the river of conscious embodiment.

We find ourselves immersed in a sea of unconditional presence and love.

\$21.00 per class

or sign up for all 7 - \$126.00

