



## Moving in the Field

"Out beyond ideas  
of wrong doing and right doing,  
there is a field,  
I'll meet you there." Rumi

### A Summer Movement Inquiry with Penny Allport

Cocoa and the birds moving in the field

**Tuesdays, 10 a.m. - 12 noon**

July 3, 10, 17, 24 & 31, 2012

Interested in evening sessions - email me for possible offering.

**Drop ins welcome / each class will have it's own theme.**

We will be moving both inside and outside weather permitting, so no need to miss the warm summer sun and breezes.

**Dream Lodge, Wilson Creek, Sunshine Coast**

**Pay what you feel** - it's summer, the garden is full of offerings all is received, including green paper.

**Engage** the self-organizing principle of organismic intelligence.

**Enhance** the innate capacity to deeply appreciate the natural world as an embodied experience.



Be welcomed into the sanctuary of an inner landscape full of fluid possibilities, empty of concepts of "right and wrong doing."

Discover internal felt sense as a resource.

Through inquiry into the "evolutionary movement sequence," directly experience the medicine of timeless being.

Shift familiar associations with what it means to be in a body, and release habits of strain and inhibition.

Why two hours??? Long enough to slow down and allow life to move through without contriving.

*The Church says: The body is a sin  
Science says: The body is a machine  
Advertising says: The body is a business  
The body says: I am a fiesta!  
Eduardo Galeano*

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