

A SCHOOL OF MOVEMENT MEDICINE INTENSIVE DANCE WORKSHOP WITH ROSIE PERKS

ASHES AND BLOSSOM

TOTNES, DEVON, UK
5 - 9 NOVEMBER 2020

TENDING THE WILD BLOOMS OF GRIEF

CONTACT CLARE OR EMILY:
+44 (0)7593 452882 OR (0)7876 494070
BEYOURNOTENOW@GMAIL.COM

SCHOOLOFMOVEMENTMEDICINE.COM

4PM THURSDAY 5TH NOVEMBER - 4PM MONDAY 9TH NOVEMBER 2020

FULLY RESIDENTIAL AT:

Eden Rise, Sandwell Barns, Totnes, TQ9 7LJ, Devon, UK

COST: £495 if booked by 5th September 2020, £550 thereafter. Bookings require a £150 non-refundable deposit. Full payment is due by 15th October 2020. Early booking is recommended as numbers are limited to 20 on this workshop.

Cost includes all food and accommodation. Accommodation is in shared rooms of 2 - 4 people.

If you live locally and would prefer to sleep at home there is a reduction of £100.

Lovingly prepared, locally sourced meals are included for all participants and will be vegetarian with vegan and gluten free options.

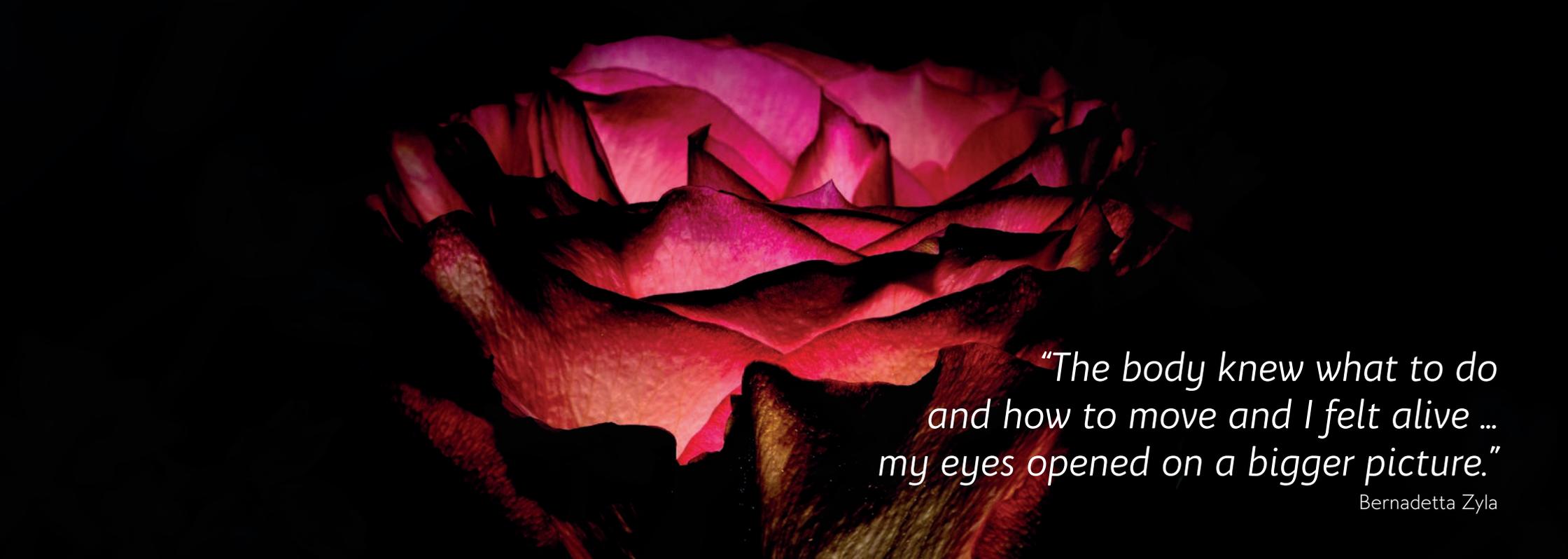
For information and registration contact:

Clare +44 (0)7593 452882 or Emily +44 (0)7876 494070 | beyournotenow@gmail.com

SCHOOLOFMOVEMENTMEDICINE.COM | DANCE-SCAPES.COM

Pre-requisites: 15 hours of Movement Medicine or related dance practices or relevant experience is required to attend this workshop. If you wish to attend but are not clear on the relevance of your experience please be in touch to discuss it, if you need to be there we would like to make sure this is possible.

This work counts as faculty prerequisites for apprenticeship and training with the School of Movement Medicine.



*"The body knew what to do
and how to move and I felt alive ...
my eyes opened on a bigger picture."*

Bernadetta Zyla

ASHES AND BLOSSOM is an invitation to dance into the places of heartbreak and welcome the life force waiting there. We may then blossom into a deeper understanding of who we are and what really matters to us that grief can illuminate.

Dance is very effective for working with intense emotions. The awake, moving body creates a strong, safe and versatile vessel for the heart, in which we can evolve rather than be overwhelmed by what we feel. We will dance with the Movement Medicine archetypes, elements and Chambers of the Heart maps to resource ourselves and find new and creative ways of being with our loss in all its weather.

Strengthening and leaning into the support of human connection, we will welcome, express and share what is needed. Making it possible for us to catch sight of the wild blooms in our grief.

We will also draw on Processwork, sound, creative expression/reflection and intentional focus to clarify our understanding and nourish any emerging buds.

MOVEMENT MEDICINE weaves the exhilaration of free dance with the awareness of mindfulness, the depth of therapeutic understanding and spirit of shamanic practice. Dance as a practice is an efficient and creative way of getting to the nub of things, enabling access to our unbroken intelligence of body, heart and mind.

This longer residential setting will enable us to explore more fully each stage of this journey. Giving time for being together, integration and the gathering of our individual and collective blossoms. This is precious time in dancing community to learn about ourselves, each other and tend our connection to all that gives and supports life, including our grief.



Rosie is a member of faculty and mentor for the School of Movement Medicine. Her teaching is infused with a long, rich relationship to dance and her understanding of our shared humanity. This is further informed by a facilitator training in Processwork and a growing recognition of the value of the emerging voice with movement. Rosie has many years teaching experience and offers a space that is safe and expertly held. See dance-scapes.com.

This work has grown from Rosie's own journey of living with and learning from grief. This *Ashes & Blossom* intensive is the next step in her evolution of this dance.



"Something was allowed expression - I have received a gift below my conscious grasp, something wilder and deeper."

Oliver Hurd-Thomas