

A SCHOOL OF MOVEMENT MEDICINE WEEKEND DANCE WORKSHOP WITH ROSIE PERKS

OUT OF ASHES

VALLETTA, MALTA

27 - 29 MARCH 2020

PLUS OPEN EVENING:
THURSDAY 26 MARCH

THE DANCE OF LOVE. LOSS AND LIFE IN GRIEF

SCHOOLOFMOVEMENTMEDICINE.COM

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Loss and the grief that brings are, it seems, an intrinsic part of our ability to love. Although grief can be devastating we can also experience an incredible sense of vitality and joy in our love for what we have lost. **OUT OF ASHES** offers a space to include our individual and collective grief and explore the dance of these polarities.

We will take time to fully arrive in our moving bodies, awakening our ability to move with and through whatever is living in our grief; calling on our capacity and courage to include and articulate what we find in our hearts and the stories they hold. We can then give ourselves over to the surrender grief invites, and dance the desolation it brings, allowing space for the creativity and life force waiting in the ashes of our loss. Our dance will be supported and consolidated with creative expression and reflection.

Grief comes in many forms, it knows no boundaries and does not compare, it simply exists as part of our humanity. This workshop has shown time and again how we thrive when we come together in our grief and welcome its honesty. We then see its true colours as a force for connection, to each other and all that gives and supports life.

Whatever you bring, be it personal loss, heartbreak for the world, cultural or inherited grief, or a simple wish to engage with this landscape you are very welcome.

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



Rosie is a faculty teacher and mentor for the School of Movement Medicine with many years teaching experience. She offers a space that is safe and expertly held, often including the emerging voice with movement. Her teaching is informed by a long, rich relationship to dance and training in Processwork, sitting alongside her understanding of our shared humanity. This workshop has grown out of Rosie's own journey with grief. For more visit: dance-scapes.com.

Movement Medicine weaves the exhilaration of free dance with the awareness of mindfulness, the depth of therapeutic understanding and spirit of shamanic practice.

Valletta, Malta (venue TBC) | Open 'In Motion' Evening Thursday 26th March 7.30 - 10pm, €20

Weekend: Friday 27th 7.30 - 10pm, Sat 28th Oct 10am - 6pm, Sun 29th 10am - 4.30pm. €170 before 28.02.20, €200 thereafter, bookings require a €90 non-returnable deposit.

For information and to book contact Audra: audramic@gmail.com | +356 99880644 | dance-scapes.com

No prior experience is needed, simply your attention, love and curiosity. This work counts as prerequisites for further study with the School of Movement Medicine.