

AMERTA MOVEMENT IN TIMES OF CHANGE

Adaptation | Tuning | Expression

a 12-day workshop in Morocco

23 April-4 May 2025 led by Judy Cole and Sandra Reeve



In our search for a suitable place to work together we came upon Maison Anglaise. We were inspired by the ethos of this eco-lodge with its sustainable, ethical holiday principles and by their long experience and insights into the Moroccan culture and environment as well as by their support of local people and communities. We felt that this was a fitting and comfortable base in which to begin our movement journey.

Our intention is to offer a guided workshop where we can meet old and new friends and study together in a fresh location away from our local and known habitats. The idea is to practise the process of adaptation in our experiences with the unknown/not known and with 'difference'. This may be a way to reveal, refresh and enliven habitual patterns that have established themselves within our own movement practice and within our lives over time.

The first six days we shall be moving each day in our 'home' in Taroudant, an eco-lodge blessed with a walled garden, a natural pool and a terrace from which to experience sunrise and stars. We will visit the local market place and park to move, working with adaptation in the daily life of the community. Different colours, smells, tastes, sounds, rhythms, encounters and expectations will influence how we move in these new places. Dancing and singing with local groups are realistic possibilities.

Movement themes for our workshop will include finding position, transitions, adaptation, tuning, receiving and expression in composition.

The final four days we will be 'on the road', travelling to our second lodge in the Ouirgane valley in the foothills of the High Atlas Mountains. Here we will experience a different climate and take time to walk and move in nature, with insights into subsistence farming and glimpses of Berber culture.

On our last day we travel to the vibrant town of Marrakech and stay overnight before travelling home. Should you wish you can choose to extend your own journey in Morocco from there.

Detailed information can be found [here](#).

This workshop is open to all who have some experience of the basics of Amerta Movement. To go on a waiting list until the official booking is open (early May), please contact Judy. If you are new to Amerta Movement and are interested in this workshop, please also contact Judy – judycolegardendesign@btinternet.com



Judy Cole and Sandra Reeve



Judy Cole—my work as an environmental performance artist comes from embodied movement, which is fed by my increasing awareness of my self and of the space I am in. The 'movement' is created moment by moment and is neither scripted nor choreographed.

It places itself in the knowing of the unknown.

I work with differing themes, nature, art, people, but the basic premise throughout is how humans interact with different environments — be they nature world or human-made. I place importance on dropping the human-centred perspective and give equal importance to non-human and/or inanimate participants. For me, this creates a more equal dialogue in the present moment and is a more democratic way of living in this world. This brings with it the idea of not only being a witness to life but also being witnessed, bringing more a sense of belonging and of being in an inter-relational context.

As well as performing live within different environments I am a maker of films. These come from finding a sense of place and collaborating with what I feel I need to say in it and what, by its nature heritage, the place itself is saying. Of course this may begin as my subjective response, but I find that something soon emerges from the voice of the place itself, begins to speak and is no longer mine.

My background working as a contemporary dancer, then with healing, with gardens, with nature, with people, all give me material with which to play and understand. At the heart of my practice is the 30 years I spent with my movement teacher Suprpto Suryodarmo, a Javanese movement artist and continual inspirer and awakener to this life.

I offer workshops for basic movement skills and movement meditation walks.

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Sandra Reeve—teaches you the art of being in movement. (www.moveintolife.com)

There is so much to be learnt through moving – and it is so much a part of our lives that we can often disregard it. Our movement has a whole rich vocabulary that we scarcely notice:

- the rhythms and patterns of our walking
- the way we stand and sit
- how we move our hands as we talk
- how our movement changes in different places and situations (when we're alone or in company, for example)

You can explore your body in motion:

- how the structure of your body negotiates the environment
- how the senses, alive in each movement, inform your perceptual life
- the many variations in movement, as you begin to understand flow and weight and move through space and time
 - 'follow your line' in movement, finding a sequence of physical sensations in your body

You can learn:

- to listen through your body
- how to surf the wave between your inner life and the outer environment, alive to yourself, alive to the environment and alive to others
- how your movement patterns reflect and inform your communication with others
- how to experiment with change, beginning always with finding and changing your movement habits
- to reconnect with nature by remembering through your movement that you are part of nature, not apart from nature

My background is in Physical Theatre, Satipatthana (Theravada Buddhism), Healing-Shiatsu and Movement Psychotherapy. Move into Life is deeply inspired by having moved and studied with Suprpto Suryodarmo (1945-2019), the founder of Amerta Movement, for over half my life.

Judy Cole and I have been colleagues for many years and I look forward to sharing this next adventure together.