



The Evolution of Art Creation: Open Day – 20th June, 2019

Human Garden Being in Relax Empty Axis/Empty Space

The 4th Wave

Wootton Fitzpaine Village Hall or Westhay Garden, 20th June, 7.30pm -10.00pm

As part of the **Westhay Open Day** this year there will be an Open Evening Session called ‘**The Wave**’ with Suprpto Suryodarmo. You may be familiar with ‘**The Wave**’ from the *Dance and Somatic Practices Conference* in Coventry, 2017 or, in a shorter form, from Prapto’s Open Day in Stroud in 2018 or from an event held at Bishop’s Caundle earlier this year (the first three Waves).

This session with live music will be a continuous sequence, offering space and time to be present in different qualities of movement (see below) – moving or witnessing, staying in the flow or changing in and out between the different cycles, developing a sense of composition and pace.

Music will be provided by a core of ‘somatic musicians’: Ihsan, Tim Jones and Keith Miller.

Cost: £5.00 at the door. Please feel free to join us. RSVP for numbers. Booking recommended. Location to be confirmed a few days before. Bring water and layered clothes suitable for moving as well as a cushion/blanket to sit on. Chairs available. For details and to book, contact: **Dr Sandra Reeve**

T: 07734 138942 E: imoveintolife@gmail.com W: www.moveintolife.com

‘**The Wave**’ moves through the being-alive atmospheres of **Garden-Circle-Oval-Square** in a continuous rolling sequence, in waves, for 2 hours.

Garden: opening time and space, fresh, giving equal value and respecting all beings, freedom, diversity. The following languages all exist within the garden and within each other – there is no hierarchy:

Circle: Bowing in praying – sacred language.

Oval: Purification in circulation – nature language.

Square: Discussion in unity – human language

The music/sound is not intended as an accompaniment to movement but as music-in-being, as ‘somatic music of the sensate world’.