

READING COMPOSITION

PLAYING WITH OBJECTS

A Movement Workshop with indoor and environmental movement

with visiting teacher **Monika Förster**

(Monika is an Amsterdam-based movement teacher, performance artist, Shiatsu practitioner, long-time student of Suprapto Suryodarmo, practising Buddhist and member of the Ridhwan School)

26th & 27th April 2014, Wootton Fitzpaine, West Dorset
10am – 5pm each day ~ Cost: £95 (£80 if booked before 26th Feb)



Working with objects allows us to relate to composition in an active way and highlights the composition we are already involved in.

By actively creating composition we can practise perceiving ourselves as part of the composition (rather than standing outside it). This can help us understand the composition of the surrounding space.

By playing with changing or moving compositions, we can experience how our being is affected by changes and how it stimulates changes. And working outdoors with objects we can strengthen our sense of being one part of the changing composition of nature, where neither is in the foreground and neither is in the background.



Can we keep a sense of anchoring in ourselves when we meet others moving?

Engaging in this process cultivates creative expression and supports our path of personal growing.

There will be also time to reflect on our experience: on the one hand to support our personal harvesting, and on the other hand to start to understand more about how we grow through movement.



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