

# Strata

## Autobiographical and Environmental Movement

with Sandra Reeve ~ 11-17<sup>th</sup> August, 2014 ~ The Boghill Centre, Kilfenora, Co. Clare

*for anyone wanting a sustained period of time to attend to their own movement practice as a resource for professional and personal development.*

Stimulated by the geological and historical strata of the beautiful Burren: the Green Road, limestone pavements and rocks by the sea, this workshop offers you the chance to slow down, to move, to breathe and to become aware of the particular song, echoes and resonances of your inner life as you move in different environments.

**STRATA** is an opportunity, through the art and practice of movement, to get a new perspective on the stories you tell yourself about yourself. Six days offers enough time to be curious about your truth and your myths, to interrupt habits, to receive feedback, to appreciate congruence and the unknown and to allow creativity to emerge from your life experiences.



Prices include all course fees, full board for six days and accommodation:

### Early Bird

€250 deposit required by:

21<sup>st</sup> March

€830	(single or double room)	€890
€760	(dormitory)	€820
€708	(camping)	€768

### Full price

25<sup>th</sup> April

Sorry, deposits cannot be refunded or transferred.

### For bookings and deposits in Ireland, contact:

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### For bookings and deposits in the UK, contact:

Sandra Reeve +44 (0)1297 560511

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You will be invited to begin preparing for **STRATA** from the end of May, in a variety of ways, with the intention of integrating the workshop into the process of daily life.

There is the opportunity for a follow-up weekend later in the year for the same closed group, subject to interest.

**STRATA** is a residential workshop based at the beautiful Boghill Centre with its delicious food, stunning movement space and peaceful surroundings, on the edge of the Burren, in 50 acres of wetland, and in easy reach of the music centre of Doolin and the Aran Islands.

More details: [www.moveintolife.com/strata](http://www.moveintolife.com/strata)