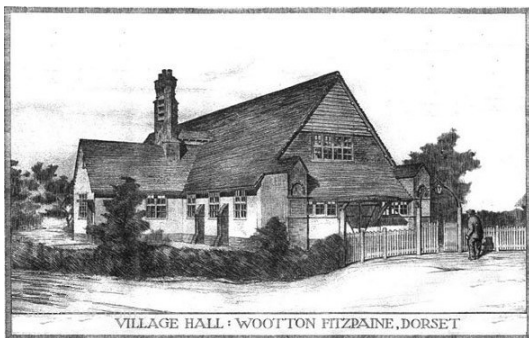


The Move into Life Project Group



Open Events in Charmouth and Wootton Fitzpaine 22nd-25th September

13 people have chosen to work together throughout the year – each on their own movement-based project. The group have been supporting one another to bring their projects to fruition. The first ‘harvest’ is now ready and we would like to share these events with you. (See the separate sheet for evening performances or call/email for details).

Sunday 22nd September, 3.00 - 5.30pm. Charmouth

Jo Mitchell: **Standing on the Bridge.**

A group performance exploring play and spontaneity between world of fact and world of dream. With any queries or to reserve a place please contact me, Jo Mitchell, on 07808 295491

Monday 23rd September, 2.30 – 5.30pm. Wootton Fitzpaine Village Hall. DT6 6ND

Julian Carlyon: **Freedom in what is: working with seven levels of experience.**

We'll traverse the 7 levels of experience, opening to whatever they have to teach us. The first four, where we **name, conceptualise, feel** and **imagine**, are familiar. The more unconscious levels beyond inform every aspect of life. They connect us with the life of planet and cosmos. The levels of **vital sensation** and **energy pattern** link us to patterns and mechanisms from the world of mineral, plant and animal. By experiencing the way these live in and through us, we can integrate them - so we neither cut them off as sources of power nor are imprisoned by them. The seventh level is the source, both empty and full.

With any queries or to reserve a place please contact me, Julian Carlyon, on 07969 592626

Tuesday 24th September, 11.00am – 1.00pm. Wootton Fitzpaine Village Hall. DT6 6ND

Joy Kearney: **Move into Negotiation**

I am exploring how to take ideas/techniques from Move into Life into my work in organisations. I will:

- Move with the group witnessing me, to remember, in an embodied way, the key ideas I want to take into the work I do on negotiations
- Work with the group to explore these ideas in simple movement tasks
- Ask the group to do some practical exercises in pairs, which I shall guide
- Do a verbal negotiation in pairs which I shall introduce and set up.

With any queries or to reserve a place please contact me, Joy Kearney, on 07860 261355

Tuesday 24th September, 2.30 – 5.30pm. Wootton Fitzpaine Village Hall. DT6 6ND

Sebastian Stigh: **Done and Dusted in 3 Hours!**

In this 3-hour workshop you will create a small performance piece. We will dance, draw and write.

Experience the joy of creating with other people when the focus is on play and not on perfection!

For details/to book a place please contact Sebastian: 0046 7064 77150 or sebastiansteiger@hotmail.com

Wednesday 25th September, 11.00am – 1.00pm. Wootton Fitzpaine Village Hall. DT6 6ND

Kristina Bourdillon: **Working with Movement and Words**

Words to describe, words to connect - connect and integrate inner and outer, mind and body, imagination and heart, conscious and unconscious, movement practice and everyday life.

With any queries or to reserve a place please contact me, Kristina Bourdillon, on 07813 499373.

Move into Life with Sandra Reeve

01297 560511 or sandra@moveintolife.co.uk