

Body & Earth Trainings 2019: Caryn McHose & Andrea Olsen



July 5-7, 2019

Body and Earth: Restoring Easeful Movement—A Weekend Introduction

In this introductory workshop, we orient participants to embodiment practices and contextualize key topics from our books and immersive trainings. The goal is to encourage easeful movement, refreshing connection to our bodies, lives, and to the places we live and love.

Begins Friday at 6 p.m. and ends Sunday at 3 p.m.

\$375 plus \$50 per night housing (\$350 for registration by Feb. 1 with \$50 non-refundable deposit).

July 9-14

Body and Earth: In-Depth Training

In this immersive residential workshop, we draw from ten Body and Earth themes that we have investigated and articulated over the last three decades as movement artists, educators, and authors. Modeling collaborative teaching, we both differentiate themes and approaches, and appreciate the overlapping interconnectedness of topics that circulate between science and embodied experience, stimulating creative imagination, artistic forming, and self-care. Our intention is that these practices are profound resources for daily life as well as well as for facilitating others in embodied learning.

Begins Tuesday at 10 a.m. and ends Sunday at 1 p.m.

\$900 plus \$50 per day housing (\$800 for registration by Feb. 1, 2019 with \$100 non-refundable deposit)

See: <http://www.resourcesinmovement.com>

Combining both workshops: \$1100 plus \$50 per day housing (\$1100 for registration by Feb. 1, 2019 with \$150 non-refundable deposit.)

Body and Earth Training Topics include evolutionary movement, experiential anatomy, body and earth systems, authentic movement, the tonic system, voice and language, the nervous system, creative forming, the Be-ing score, and sustaining mystery.

Both workshops are held at Resources in Movement on beautiful White Oak Pond in Holderness, New Hampshire. Housing is self-catered in Cloverly Cottage, an historic gathering site for movers and thinkers that has hosted in-depth conversations throughout the past century—including Gregory Bateson, Margaret Mead, and many others—considering how best to honor our global home, including the human body.

Caryn McHose has been a somatic educator for over 45 years and is the co-author (with Kevin Frank) of *How Life Moves: Explorations in Meaning and Body Awareness*. Her interest in movement began at age five studying dance in a context that valued creativity and relationship to nature. She is a practitioner of the following disciplines: Rolfing® Structural Integration; Rolf Movement® Integration; Somatic

Experiencing®; Biodynamic Cranial Sacral Therapy, and has a private practice as well as teaching workshops in a variety of contexts. www.resourcesinmovement.com

Andrea Olsen, dance artist, author, and educator, is a Professor Emerita of Dance at Middlebury College, teaching on both the Vermont and California campuses over the last four decades. She is author of a triad of books on the body: *Bodystories: A Guide to Experiential Anatomy*, *Body and Earth: An Experiential Guide*, and *The Place of Dance: A Somatic Guide to Dancing and Dance Making* with colleague Caryn McHose, along with numerous articles and chapters in anthologies. Recent projects include continuing the *Body and Earth: Seven Web-Based Somatic Excursions* film project with Scotty Hardwig and Caryn McHose (<http://body-earth.org>) and a Fulbright Specialist residency in Singapore, China in November 2018 (<http://andrea-olsen.com>).

Just For us:

Body and Earth Training Topics include evolutionary movement, experiential anatomy, body and earth systems, authentic movement, the tonic system, voice and language, the nervous system, creative forming, the Be-ing score, and embracing mystery.

10 Body and Earth Topics

1-Evolutionary Movement

Organismal intelligence, omnidirectional awareness, body templates

2-Experiential Anatomy

Clarifying body parts, tissues, and systems

3-Body and Earth Principles

Holism, system dynamics, interconnectedness of body systems and earth systems

4-The Discipline of Authentic Movement

Moving and Witnessing; entering unconsciousness states and returning to reflect; discernment and integration

5-Orientation and the Tonic System

Perception and location, gravity response, pre-movement

6-Languaging and Meaning making

WIGO, tracking, word choice, typologies and archetypes

7-Balancing the Nervous System

Self-regulation, differentiating the layers, trauma and healing

8-Creative expression and transformation

-Movement, meeting resistance, symbols and blueprints, creative forming

9-Be-ing Score

-Self-management of key body and earth themes, staying aware of self and larger context/ other, direct application to life.

10-Mystery and spirituality

Throughout we practice resilience, building the bridge from stress to ease.

A.P.E. at Hawley & SCDT Presents

Body and Earth: Restoring Easeful Movement

A workshop with Caryn McHose and Andrea Olsen

Saturday, September 15, 2018; 10 a.m.-5 p.m. (Break 1-2:30)

Arts Trust's Building: 33 Hawley Street, Northampton, MA

This class is an opportunity to work with perception and movement to foster changes in coordination that evoke easeful, natural movement.

During this workshop we focus on differentiation of the body map and clarification of pre-movement—the moment before we start to move, which provides the chance to

shift motor patterns. We also consider the elements embedded in natural stability—the capacity to meet demand with spaciousness and elongation. A range of expression is explored, from dynamic to quiet micromovement and simple presence, through authentic movement, writing, and reflection. *Wear comfortable clothing for movement and bring a writing journal and a yoga mat if available.*

Class fee: \$65. (\$40 for students)

Please register by September 12 @ www.scdtnoho.com

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This workshop is offered in conjunction with **Historical Footnotes: Dancing Through Northampton's History Performances** Friday, September 14 and Saturday, September 15, 2018. 7 p.m. music; 8 p.m. performance—A collaboration between A.P.E.@Hawley Street and Historic Northampton at the Northampton Community Arts Trust's new facility: 33 Hawley Street.
Tickets at: