

INVISIBLE FORCES

a workshop in Body and Imagination with Miranda Tufnell
April 17/18/ 19 (10-5 pm Fri/Sat, 10.30- 4.30 Sun)
Ashprington Hall, Totnes, Devon TQ9 7XA

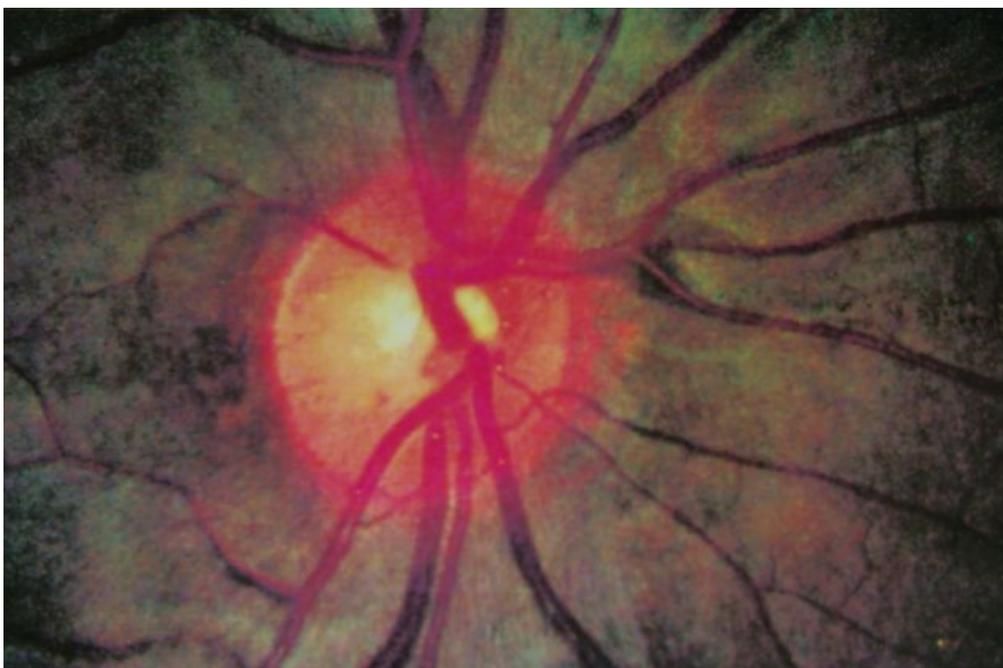


image of human retina

“Our stories, myths and fairy tales are a kind of poetic code, similar to our genetic code - and the body a spirit beacon as much as a chemical formula” Edited from Seamus Heaney speaking at Ted Hughes funeral, 1999.

MOVING

WRITING

This 3 day workshop is a time to listen, move, write and explore dreams, memories and stories that lie deep within us. We will take time sensing through details of body-in-breath, heart and bone... to discover more of what shapes how we perceive and feel. This is time to listen to the body... listen to our worlds *through* body. Mindell coined the term ‘dreambody’ to describe the connection of dream and body. We will explore the shifting fields of influence through which our lives unfold. Science describes from the outside, poetry describes from the inside, both open our eyes, bringing us closer to the mystery of being alive. We are living within a relentlessly materialistic culture that can generate a sense of alienation, disassociation and homelessness... Taking time to listen through touch, move, and explore ... awakening us to the invisible forces at play within our tissues strengthening our bodily intelligence and bringing a sense of coherence that re-connects us to wider fields of being and becoming (*movement experience essential*)

Miranda Tufnell (www.mirandatufnell.co.uk) is a dance artist, writer and teacher in movement and imagination. She is also an Alexander teacher and cranio-sacral therapist. Her work of over 40 years, as a performer and body therapist, has been to explore the ways in which movement shapes our sense of meaning, language and perception. .

Booking: Hayley Price email: hayley@integratedembodiment.com tel: 07832 979038

Booking: Cost £150 (deposit £60)