

CREATIVE SPACE

Living Landscapes

July 21-23 with Miranda Tufnell

KNARSDALE COMMUNITY HALL Slaggyford CA8 7NH



MOVING MAKING WRITING

A three day workshop to awaken imagination and deepen our relationship to the landscapes alive around us. We will take time to attune to the body, to the rhythms of breath, bone and heart. In slowing down we drop below the surface of everyday perception and the scatter of thoughts - and begin to unfold into the nuance and detail of life around us. Listening and moving to discover more of what we sense and perceive both outside and in. Mind is in every cell of our bodies and movement wakes us up into new and surprising ways of seeing'. Invisible forces begin to reveal themselves that weave us more fully into connection with both the inner landscape of our own lives and the living world of which we are part.

Touching the tomatoes in the garden, and really touching them, touching the walls of the house, the materials of the curtains or a clod of earth is surely seeing them as fully as the eye can see. But it is more than seeing them, it is more like tuning in on them and allowing the current they hold to connect with one's own, like electricity. To put it differently this means the end of living in front of things and a beginning of living with them' Jacques Lusseyran **And there was Light**

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. She has been teaching and making performances for 45 years. Her work, both as a performer, movement educator and body therapist (working 14 years within the NHS) has been to explore the 'nature' of body, and the ways in which movement shapes our sense of meaning, language and perception. With Chris Crickmay she co-authored two handbooks on sourcing creative work entitled *Body Space Image* (1990) and *A Widening Field* (2004). Her most recent book is *When I Open My Eyes: dance health imagination* (2017). Based in rural Northumberland she teaches widely and offers one-to-one creative space retreats.

**Wear warm, loose clothes and layers for moving outside,
notebook and lunches**

Cost £150 (or donation if unwaged)

BOOKING ESSENTIAL places limited

Contact mirandatufnell@gmail.com or 0777 915 3689