

EMBODIED PRESENCE

Alain Allard and Sarah Pitchford
September 5th-8th 2019
Oslo



EMBODIED PRESENCE

This movement meditation workshop is a time for integration of the senses and the intelligence carried in every cell of the body.

We inherited a worldview that locates our existence as being somewhere in the head, our life as being a stream of thought and getting things done.

In this virtual world of past and future disconnected from the ever unfolding present our Souls long to heal that familiar sense of separation that haunts so many of us.

Life happens now. Moment by moment. A deep and rich intelligent experience of Spirit singing and dancing.

Everything is in a state of pure potentiality that is breathed into life by embodied presence.

In this workshop we will dance, move, and sit; softening our contracted sense of self, gradually opening to our basic clear and spacious nature.

We will rest back into innate presence.

*“The spirit likes to dress up like this:
ten fingers, ten toes, shoulders,
and all the rest at night in the black branches,
in the morning in the blue branches of the world.
It could float, of course, but would rather plumb rough matter.
Airy and shapeless thing, it needs the metaphor of the body, ...”*

– Mary Oliver

Time

Thursday Sept. 5th 18.30-20.30
Friday Sept. 6th 11.00-18.00
Saturday Sept. 7th 11.00-18.00
Sunday Sept. 8th 10.30-17.00

Venue

Scenehuset, Oslo, Norway

Cost

Earlybird paid before
1st August - NKRr. 2500,-
Full price - NKR. 3000,-
Thursday evening NKR. 400,-

Booking

Send mail to: hege@dans5rytmer.no
for more information



Alain and Sarah have been living and dancing together since 1993.

They are both creative, practical and experienced longterm students and teachers of movement and meditation.

They studied and were trained by Gabrielle Roth to teach the 5Rhythms, which they did for over 20 years.

Alain is UKCP accredited and Sarah a Laban trained therapist.

Their work is constantly evolving in line with their personal practice.

This is a good opportunity to work with them in depth teaching together the ethos of moving into consciousness.

Their shared passion for exploring presence in their work attracts students from all over the world.

www.movesintoconsciousness.com

