



Resources In Movement Fall/Winter 2016/2017 Local Classes

Resources in Movement Presents:

**Somatic Imagination
with Caryn McHose**

At Resources in Movement Studio, Franks Ln, Holderness, NH

Four Classes in Rolf Movement® Education

Saturday October 8, 2016

Saturday December 3

Saturday January 7, 2017

Saturday February 4

9:30 - 11:30 AM

(Plus Authentic Movement 12-1 pm--see below)

Rolf Movement education starts with our relationship to gravity--we orient to ground and space automatically to find stability. To find postural ease and reliable stability and security, we open our awareness to gravity orientation. We use perception to find inherent stability based on elongation and spaciousness--stability based on the way our ancient ancestors moved--a birthright of the human body plan. We discover ways to do daily tasks, exercises, yoga, martial arts, theater, with more ease--we learn to use our built in "movement brain" rather than effort.

Movement from perception involves imagination and play. Imagination in Rolf Movement means, "Somatic Imagination." We imagine in ways that speak to the movement brain and we feel the body take the hint and release habits of strain and compression. We develop confidence in meeting physical challenges so we can age gracefully and retain well being. Come to this class to move, have fun,

and inhabit and appreciation the body's forms.

To Register: Contact Caryn at [603 968 9585](tel:6039689585) or carynmchose@gmail.com

Classes are \$35 each

Additional One Hour Class Following Each Somatic Imagination Class 12-1 PM

(Fee for second class \$10--Rolf Movement Class is a Pre-Requisite)

Authentic Movement/Body of Inquiry

An opportunity to explore movement with a form that has been traditionally known as Authentic Movement--a movement form that started in the 1960's that combines movement and self reflection. Authentic Movement asks the questions: "What's my body's impulse to move now? What's true in this movement?" It's a chance to explore how our internal experience reveals itself through expression in movement that includes a witness. There are two roles: one who is movement and one who is witnessing. Witnessed presence offers a container for one's explorations. The role of the witness is not to assess but provides an opportunity to learn about orientation to ground and space, to listen quietly, and to learn about body meaning at a non verbal level.

