

Resources in Movement Presents  
One Day Movement Class  
Friday July 13, 2018  
9:30-5:00  
With Caryn McHose

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

9:30 to 12:30: During the morning, we will be guided in 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 will also consider the elements embedded in natural stability--the capacity meet demand with spaciousness and elongation. We will explore a range of expression--from dynamic, to quiet micromovement and simple presence.

12:30 to 2:30: Lunch and free time to swim, kayak, etc.

2:30 to 5:00: In the afternoon there will be movement integration time, reflection time, and movement on the land.

Bring your lunch, bathing suit and towel and anything else that supports your process on the land or water. Also, depending on the weather, have sufficient layering to meet warmth or coolness.

Class fee: \$100                      For information: call 603 968 9585 or e-mail: [carynmchose@gmail.com](mailto:carynmchose@gmail.com)  
Please register by July 1: Send check (payable to Resources in Movement) and contact information to:  
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