

**Body & Earth Trainings 2019:
Caryn McHose & Andrea Olsen
At Resources in Movement
Holderness, NH**



July 5-7, 2019

Body and Earth: Restoring Easeful Movement—A Weekend Introduction

In this introductory workshop, we orient participants to embodiment practices and contextualize key topics from our books and immersive trainings. The goal is to encourage easeful movement, refreshing connection to our bodies and to the places we live and love. Renewed connection links to support for daily life.

Begins Friday at 6 p.m. and ends Sunday at 3 p.m.

\$375 plus \$50 per night housing (\$350 for registration by Feb. 1 with \$50 non-refundable deposit).

July 9-14

Body and Earth: In-Depth Training

In this immersive residential workshop, we draw from ten Body and Earth themes that we have investigated and articulated over the last three decades as movement artists, educators, and authors. Modeling collaborative teaching, we both differentiate themes and approaches, and appreciate the overlapping interconnectedness of topics that circulate between science and embodied experience, stimulating creative imagination, artistic forming, and self-care. Our

intention is that these practices are profound resources for daily life as well as well as for facilitating others in embodied learning.

Begins Tuesday at 10 a.m. and ends Sunday at 1 p.m.

\$900 plus \$50 per day housing (\$800 for registration by Feb. 1, 2019 with \$100 non-refundable deposit)

See: <http://www.resourcesinmovement.com>

Combining both workshops: \$1100 plus \$50 per day housing (\$1100 for registration by Feb. 1, 2019 with \$150 non-refundable deposit.)

Body and Earth Training Topics include evolutionary movement, experiential anatomy, body and earth systems, authentic movement, the tonic system, voice and language, the nervous system, creative forming, the Be-ing score, and sustaining mystery.

Both workshops are held at Resources in Movement on beautiful White Oak Pond in Holderness, New Hampshire. Housing is self-catered in Cloverly Cottage, an historic gathering site for movers and thinkers that has hosted in-depth conversations throughout the past century—including Gregory Bateson, Margaret Mead, and many others—considering how best to honor our global home, including the human body.

Caryn McHose has been a somatic educator for over 45 years and is the co-author (with Kevin Frank) of How Life Moves: Explorations in Meaning and Body Awareness. Her interest in movement began at age five studying dance in a context that valued creativity and relationship to nature. She is a practitioner of the following disciplines: Rolfing® Structural Integration; Rolf Movement® Integration; Somatic Experiencing®; Biodynamic Cranial Sacral Therapy and has a private practice as well as teaching workshops in a variety of contexts.

www.resourcesinmovement.com

Andrea Olsen, dance artist, author, and educator, is a Professor Emerita of Dance at Middlebury College, teaching on both the Vermont and California campuses over the last four decades. She is author of a triad of books on the body: Bodystories: A Guide to Experiential Anatomy, Body and Earth: An Experiential Guide, and The Place of Dance: A Somatic Guide to Dancing and Dance Making with colleague Caryn McHose, along with numerous articles and chapters in anthologies. Recent projects include continuing the Body and Earth: Seven Web-Based Somatic Excursions film project with Scotty Hardwig and Caryn

McHose (<http://body-earth.org>) and a Fulbright Specialist residency in Singapore, China in November 2018 (<http://andrea-olsen.com>).