



A.P.E. at Hawley & SCDT Presents

## **Body and Earth: Restoring Easeful Movement**

A workshop with Caryn McHose and Andrea Olsen  
Saturday, September 15, 2018; 10 a.m.-5 p.m. (Break 1-2:30)  
Arts Trust's Building: 33 Hawley Street, Northampton, MA

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

During this workshop we focus on 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 also consider the elements embedded in natural stability—the capacity to meet demand with spaciousness and elongation. A range of expression is explored, from dynamic to quiet micromovement and simple presence, through authentic movement, writing, and reflection. *Wear comfortable clothing for movement and bring a writing journal and a yoga mat if available.*

Class fee: \$65. (\$40 for students)

Please register by September 12 @ [www.scdtnoho.com](http://www.scdtnoho.com)

**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](http://www.resourcesinmovement.com)

**Andrea Olsen** is a dance artist, author, and educator who is Professor Emerita of Dance at Middlebury College, teaching on both the Vermont and California campuses. Author of a triad of books on the body, *Bodystories, Body and Earth*, and *The Place of Dance* with colleague Caryn McHose, she teaches and performs internationally. She recently completed a series of seven Body and Earth films with McHose and Scotty Hardwig (<http://www.body-earth.org>) and will be a Fulbright Visiting Scholar in Singapore, China this November (<http://andrea-olsen.com>).

This workshop is offered in conjunction with **Historical Footnotes: Dancing Through Northampton's History** Performances Friday, September 14 and Saturday, September 15, 2018. 7 p.m. music; 8 p.m. performance—A collaboration between [A.P.E. @ Hawley](http://www.scdtnoho.com) Street and Historic Northampton at the Northampton Community Arts Trust's new facility: 33 Hawley Street. Tickets at: