



*Resources in Movement Presents*

## **One Day Movement Retreat**

**Saturday July 27, 2019**

**9:30-5:00**

**With Caryn McHose**

This class is an opportunity to work with perception and movement to foster changes in orientation and 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 micro-movement and simple presence.

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

2:30 to 5:00: In the afternoon we will have 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 12: Send check (payable to Resources in Movement) and contact information to: Resources in Movement 5 Franks Ln, Holderness, NH 03245

