

A SCHOOL OF MOVEMENT MEDICINE WEEKEND DANCE WORKSHOP WITH ROSIE PERKS

# BODY · HEART · SOUND

ARDROSS, SCOTLAND  
4 - 6 OCTOBER 2019

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SCHOOLOFMOVEMENTMEDICINE.COM

**Movement Medicine** blends the exhilaration of free dance with the awareness of mindfulness, the depth of therapeutic understanding and spirit of shamanic practice.

**BODY HEART SOUND** is an opportunity to remember that the awake, moving body is a strong, safe and versatile vessel for the heart. Inviting permission and acceptance of all we are and all we find there, shadow and light. Remembering that our hearts, like the earth, have many weather patterns and an innate ability to move through these patterns in the natural cycle of renewal.

This is a dancing investigation into the **Movement Medicine Chambers of the Heart**. **Awakening:** the instinct of the heart in the awake, engaged body. **Integrity:** the muscle of the heart, passion, protection, courage and commitment. **Surrender:** trusting and letting go into the river of our heart. **Gratitude:** welcoming the heart's natural joy and generosity. **Grace:** in the centre of the heart lives radical inclusion, we move, in simplicity, with the crunchy and the smooth. We will take time in each chamber to discover the resource there and engage, kindly, with any challenges we meet.

We will also explore how sound and movement work together in these chambers to allow more space inside and between us. Using the natural emerging voice to give us a fuller vocabulary and greater access to our multi-dimensional selves. This is precious time in dancing community to learn about ourselves, each other and strengthen our connection to all that gives and supports life.



**Rosie's** teaching is informed by a long, rich relationship to dance and recent training in Processwork, sitting alongside her understanding of our shared humanity. Rosie has many years teaching experience and offers a space that is safe and expertly held, often including the emerging voice with movement. She is a faculty teacher and mentor for the School of Movement Medicine as well as a member of the [movementmedicineassociation.org](http://movementmedicineassociation.org) Read more: [dance-scapes.com](http://dance-scapes.com).

*"Such a light and deep approach to this magic of life."*  
Miguel Valentini

Ardross Community Hall, Ardachaidh, Alness, Scotland, IV17 0YD | Friday 4<sup>th</sup> Oct 7.30 - 10pm, Saturday 5<sup>th</sup> Oct 10am - 6pm, Sunday 6<sup>th</sup> Oct 10am - 4.30pm

£135 if booked by 6.09.19, £165 thereafter. Bookings require an £80 non-returnable deposit

For information and to book contact Maggie: [maggielhouse@gmail.com](mailto:maggielhouse@gmail.com) | 07846 804477 | [dance-scapes.com](http://dance-scapes.com)

No prior experience is needed, simply your attention, love and curiosity. This work counts as prerequisites for further study with the School of Movement Medicine.