

A SCHOOL OF MOVEMENT MEDICINE  
WORKSHOP WITH ROSIE PERKS

# OUT OF ASHES

DANCING WITH LOVE  
AND LIFE IN LOSS



ATHENS

25 - 27

JANUARY

2019



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[SCHOOLOFMOVEMENTMEDICINE.COM](http://SCHOOLOFMOVEMENTMEDICINE.COM)

## WELCOMING THE LOVE & MOVEMENT IN GRIEF

Loss and the grief that brings are, it seems, an intrinsic part of our ability to love. Although grief can be painful we can also experience in it an incredible sense of celebration and life in our love for what we have lost. This workshop is an opportunity to do just that, to allow the heartbreak alongside the joy and life force in the grief we hold individually and collectively.

We will dance to fully arrive in our bodies, awakening our ability to move with and through whatever is living in our grief. Giving ourselves over to the surrender grief calls for, making space for the desolation grief brings, dancing with it to find the creativity and the life waiting to grow from the ashes of our loss. Our dance will be supported and consolidated with creative expression and reflection.

Grief comes in many shapes and sizes, it knows no boundaries and does not compare, it simply exists as part of our precious humanity. Whatever your connection to grief, be it personal loss, heartbreak for the world, cultural or inherited grief, or a simple curiosity you are very welcome at this weekend.

*“Rosie’s loving, intuitive holding, allows for a remarkable sense of trust, safety and permission.” Lindsey Talbott*



This workshop is born out of Rosie’s experience of living with, and learning from grief. Her teaching as a whole is informed by a long and rich relationship to dance, her understanding of our shared humanity, and a fierce love of the earth and all its inhabitants.

She offers a space that is safe, non-judgemental and expertly held, her guidance is both sensitive and clear.

Rosie is a highly experienced and skilled teacher and faculty member of the School of Movement Medicine. She adheres to the [movementmedicineassociation.org](http://movementmedicineassociation.org) code of ethics. Rosie’s website: [dance-scapes.com](http://dance-scapes.com).

Booking and information contact Maria:  
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Athens: Venue to be announced closer to workshop

Friday 25 January 2019 7.30 - 10pm,

Sat 26 Jan 10am - 6pm, Sun 27 Jan 10am - 4.30pm

Cost: €130 if booked by 25.12.18, €140 thereafter, bookings require an €60 non-returnable deposit

[schoolofmovementmedicine.com](http://schoolofmovementmedicine.com)

*This work counts as prerequisites for further study with the School of Movement Medicine.*