

Listening for the Dance Within

a workshop in Body and Imagination with Miranda Tufnell

14th-15th September 2019, 10.30am-4.30pm

Forest Row, E. Sussex



“There is only one world. Things outside only exist if you go to meet them with everything you carry in yourself. As to the things inside, you will never see them well unless you allow those outside to enter in.” Jacques Lusseyran 'And there was Light'

This workshop, set in Forest Row, surrounded by the Ashdown Forest, is an opportunity to listen, move, and to become more richly and imaginatively awake to what is at play both in ourselves and in the world about us. There is a deep intelligence in the body that emerges as we slow down and we drop below the surface of everyday awareness, unknown aspects of ourselves appear revealing deeper currents of being, of becoming - what John O'Donohue calls 'the under earth of our visible life'. The workshop invokes states of mind and body to fine tune the senses and awaken us to the nuance and movement of our responses. Visibly and invisibly the borders of ourselves are always changing, our living body layered with stories, images, dreams and memories that emerge and transform as we take time to listen, write, explore and move.

Open to all - no previous dance experience needed

Wear warm, loose clothing and bring layers for moving, a notebook and a bottle of water, and packed lunch (there are also local pubs shops and cafes)

Cost £180, Alexander trainees £160. Concs by negotiation.

For more information and to book a place, please contact

Delia: 01342 82503, delia@naturalvoice.net

or book with Paypal at: www.southeastalexanderschool.co.uk

Miranda Tufnell (www.mirandatufnell.co.uk) is a dance artist, writer and teacher in movement and imagination. She is also an Alexander teacher and cranio-sacral therapist. She has been teaching and making performances for over 35 years. Her work, both as a performer and body therapist has been to explore the ways in which movement shapes our sense of meaning, language and perception. With Chris Crickmay she co-authored two handbooks on sourcing creative work entitled *Body Space Image* (1990) and *A Widening Field* (2004). She has worked extensively in the field of arts and health including part time (14 years) within the NHS for a GP surgery. Her most recent book, *When I Open My Eyes - dance health imagination* (2017), documents this work. She has continued to teach widely (including the one-time Dartington College of Arts) and was visiting tutor at UCLAN on their MA in Dance and Somatic Wellbeing. Now based in rural Northumberland, she continues to teach nationally, offer mentoring and also one-to-one creative retreats.