

CREATIVE SPACE

JOURNEY moving through winter

3 Sunday morning workshops with Miranda Tufnell

Jan 15th Feb 12th March 12th 10- 1 pm

KNARSDALE (CAIRNS) COMMUNITY HALL Slaggyford CA8 7NH



“Of all the dangers we face the greatest is the deadening of our capacity to respond ... we are not substances that abide, we are patterns that perpetuate themselves; we are whirlpools in rivers of everflowing water. The sense of self shifts from noun to verb, from a separate enduring entity that needs its comforts and defences, to a dancer in relationship to life around us “ Joanna Macey

MOVING

WRITING

MAKING

These sessions begin in the body, in our sense of breath and of bone, of weight and lightness, of gravity and momentum. We can often feel numb, scattered or overwhelmed by the pace and sheer volume of information that deluges our lives. Taking time to listen, breathe and awaken into the detail of what is within and around us, we discover a myriad flow of responses that bring back a sense of rhythm and connectedness. Through improvisation – moving, writing and making - we gather up from seemingly random pieces - the body a portal through which images, memories and stories emerge and make visible poetic landscapes that are unique and particular to each of us and which connect us more fully to ourselves, to others, and to the world about us. Prior dance experience is not essential.

- * Stimulating creativity
- * Finding more ease in the body
- * Widening the field through which we experience ourselves and our lives

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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 45 years. Her work, both as a performer, movement educator and body therapist (working 14 years within the NHS) has been to explore the 'nature' of body, and 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). Her most recent book is *When I Open My Eyes: dance health imagination* (2017). Based in rural Northumberland she teaches widely and offers one-to-one creative space retreats.

**Wear loose warm clothes, bring note book for writing- other art etc materials supplied
Cost £20 (or donation if unwaged)**

BOOKING ESSENTIAL places limited

Contact mirandatufnell@gmail.com or 0777 915 3689