

HEARTLANDS

a workshop in body and imagination

with Miranda Tufnell

June 30th-July 2nd

Ashprington village hall, Devon, TQ9 7UW



"The heart has its reasons which reason does not know" Blaise Pascal

A workshop to listen and explore the dynamic landscapes of the heart - taking time to drop down into the feeling world of the body, sensing into the emergent gestures of the heart's embryological forming - awakening into the enfolding rhythms of breath and of bone.

We can often feel numb, scattered and overwhelmed by the pace and sheer volume of information that deluge our lives. Only as we slow down and drop below the surface of our everyday eyes can perception awaken into the nuance and complexity of life both within and around us that bring a renewed sense of connectedness and coherence. As earth depends on the warmth of the sun, so every cell in our own body depends on the heart's field of intelligence for resonating through and uniting our cellular orchestra - our hearts shine, cloud, melt, harden and even break as both loss and joy infuse our lives. Movement opens our eyes into underworlds - invisible forces begin to reveal themselves - weaving us more fully into connection with these living landscapes.

"Keep some room in your heart for the unimaginable." Mary Oliver .

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 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 warm, loose clothes and layers for moving inside and out, bring notebook - and lunch.

Where: Ashprington Village Hall, Devon, TQ9 7UW

Time:

Friday: 2.30pm - 5.30pm

Saturday: 10am - 5pm

Sunday: 10am - 4pm

Cost: £150

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