

LIVING LANDSCAPES

July 11,12,13

a three day summer residential at Featherstone Castle
with Miranda Tufnell



MOVING

MAKING

WRITING

A three day residential workshop at Featherstone Castle, Northumberland, to awaken imagination and deepen our relationship to the body and to the land. We will take time to attune to the body and the unfolding movement and subtle vitality of breath. In slowing down we drop below the surface of everyday perception and the scatter of thoughts - and begin to unfold into the nuance and detail of what is around us. Like sea anemones our senses awaken as we take time to listen, receive and respond. Invisible forces begin to reveal themselves that weave us more richly into connection with both the landscape of our lives - and with the living world of which we are so vitally a part.

“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**

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 50 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.

<https://www.featherstonecastle.com>

Cost : £200 includes basic accommodation for cooking and sleeping (possibility of single rooms in cavernous castle) or camping. You need to bring your own bedding or sleeping bag- and food to share.
BOOKING ESSENTIAL places limited to 10.
Deposit £100 to secure your place

Contact mirandatufnell@gmail.com or 0777 915 3689

"Creativity brings hope because it brings the new and the unexpected and breakthroughs in imagination, including moral imagination, and ways to practice solidarity. And it brings new encounters with awe and wonder and beauty and possibility. It brings energy and brings out the best in our species" Mathew Fox