

Being Green Again

Reconnecting to our Evolutionary Movement Lineage

with Amy Kiara Ruth and Penny Allport



Saturday, March 24 & Sunday, March 25, 2012
Paradise Found, Wilson Creek, Sunshine Coast, BC

Engage in the creative play of breath and movement, sound and sensation, metaphor and meaning.

Re-member the wisdom and eternal resource of the animal body.

Attend the subtle rhythms of life emerging in the unfolding now.

Embrace and welcome ease in movement through explorations in evolutionary movement patterns.

Restore play as a primary healer in the renegotiation of limiting patterns of pain and movement.

Experience your self freshly. Be Green Again!

Hours of workshop: Saturday 11 a.m. - 4:00 p.m., Sunday 10 a.m. - 3:00 p.m.
\$150.00 (please add hst)

Pre-registration is required as space is limited to 12 participants.

Penny Allport has been facilitating individuals and groups in inquiry-based process through the resources of Yoga, Continuum Movement, Continuum Montage, Dream exploration, perceptual inquiry and writing.

Penny is the originator of Painting from the Inside Out, a process-oriented painting process of self-discovery and integration. She welcomes any opportunity to restore the gifts of imagination and play as primary healers of human expression and kindness. www.pennyallport.com

Amy Kiara Ruth, BSc (Kin, Ed) is a kinesiologist and somatic movement educator. She draws upon her extensive movement experience to facilitate increased ease and embodiment in movement and presence. Amy enjoys working with individuals from a variety of backgrounds and has a special interest in enlivening established movement forms through perceptual play. www.amykiararuth.com

To Register: pennyallport@gmail.com or 604 803 4607

Visa, Mastercard, cheques, and cash welcome.

(\$75.00 non refundable deposit required to hold a space. Full payment due one week prior to class. No refunds unless your space is able to be filled.)