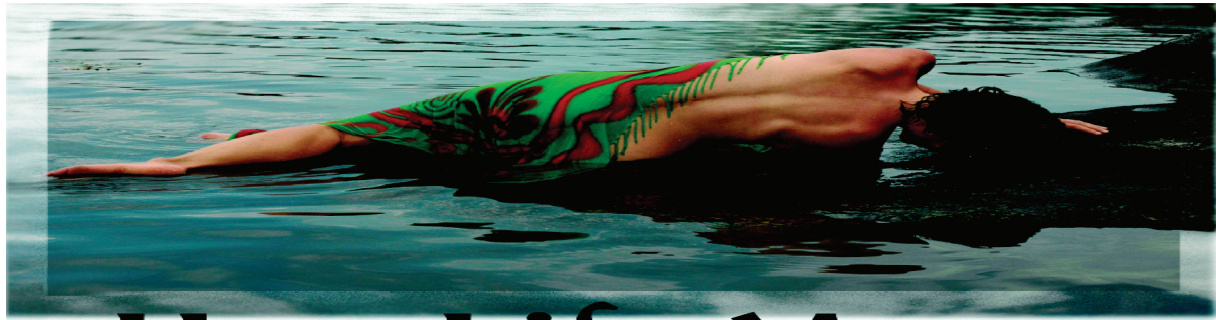


Penny Allport and Swara Inspirations presents....



How Life Moves

Explorations in Meaning and Body Awareness

CARYN McHOSE & KEVIN FRANK

Dates: September 23 - 27, 2010

Location: Dream Lodge, Paradise Found, Wilson Creek, Sunshine Coast, BC

In the moments before we move, our actions, gestures, and qualities of relatedness are largely pre-determined. In *How Life Moves*, through the story of biological evolution, we discover and influence the subtle movements that precede action. In a contemplative and dynamic space, we interrupt and unlearn self-defeating body habits and receive resources for continuing to do so in daily life.

In this workshop, we will restore the body's capacity to generate new movement pathways and resolve common musculoskeletal complaints, such as lower back, shoulder, and neck pain. We will engage the power of perception and imagination to revive the body's native intelligence, and free our fluid capacity to meet the physical and emotional challenges of daily life.

We will move as a group, in partners, and individually. The workshop will include dive time: opportunities to let the movements, meanings and experiences land inside us and time for the work to digest. We will explore a broad range of perceptive and integrative activities that restore neural plasticity, the capacity to re-map body and action space. This work is for anyone who wishes to make meaningful and lasting shifts in body function and body experience. For therapists, yoga, fitness and movement teachers, and healers, this work offers fundamental skills and tools for doing perceptive and coordinative work.

***Caryn McHose** has taught perceptual movement for over forty years. Her work was the basis of the well-known book *Body Stories: A Guide To Experiential Anatomy* by Andrea Olsen. **Kevin Frank** is a Certified Advanced Rolfer and Rolf Institute Movement Instructor. Caryn and Kevin are the co-authors of **How Life Moves, Explorations in Meaning and Body Awareness** (North Atlantic, 2006) They are the founders of *Resources in Movement* in Holderness, NH, USA, and their website is www.resourcesinmovement.com*

Fee: \$850.00 (Paid in full by June 30, 2010 - **\$800.00** includes all taxes) After July 1, 2010 please add HST to price - Paid in full by Aug. 23 - **\$800.00** plus 12% HST). To reserve a space send **\$100.00** non-refundable deposit to Swara Inspirations. Space is limited to ensure an optimum environment for learning and integration..

Reasonably priced accommodations on the Sunshine Coast available by booking early too! Registration Information: Cheque payable to Swara Inspirations, Visa or Mastercard accepted.

Mail cheques to 1831 Tyson Rd., Sechelt, BC V0N 3A1
Contact: Penny Allport, 604 803 4607 pennyallport@gmail.com or www.pennyallport.com