

Coming Home

Bolton Village Hall
Spring Bank Holiday

31 May - 5 June 2022

**6-Day Medicine Dance
Immersion**

with option to join one or more single days

- Tuesday and Wednesday 9.30 - 3.30p
- Thursday and Friday 2.30 - 5.30p
- Saturday and Sunday 9.30 - 3.30p



“It comes down, I suppose, to a question of where one really chooses to be, and for how long.”

M.F.K. Fisher



**Coming home
is a feeling.**

If 6 days is too much; if you would like to join us for one or more days: talk to Jane and she will let you know the cost.

“As you stay someplace over time, because you choose to be there, you become part of that place, and it becomes part of you.” - Carol Flinders

Many of us in our Medicine Dance community have been moving and feeling on-line on zoom for the past two years

This is in-person.

This is with live, warm bodies on smooth worn timbers of Bolton Village Hall.

As always, our immersion is for anyone who senses a need to slow down or pause incessant, excessive energy output, disrupt thought loops, and alter brain wave patterns. It is especially appropriate for those who have some mindfulness or meditative knowledge and yearn for support, refreshment, and refinement of their practice.

Our moving feeling practice is simple and easy. Self-guided, musically- and verbally-invited movement. Awareness and allowing of already occurring movement and initiation of new movement through different body parts, in different directions, in shapes and tempos that feel safe and appropriate for each participant's level of fitness and sense of safety.

Lots of invited Pause. Breath. Let down. Open attention to whatever is occurring, including thoughts, feelings, and physical sensations.

Heightened awareness of physical sensations and possibility of ease, less effort, and more enjoyment of body.

Money Matters:

Early-bird Registration*: £450 for 6-day Immersion - *non-refundable deposit paid by 15 April 2022.

Later Registration* (space permitting): £475 - non-refundable deposit paid by 15 May 2022.

Late Registration* (space permitting): £500 - non-refundable deposit paid after 15 May 2022.

REGISTRATION SECURED WITH £100 NON-REFUNDABLE DEPOSIT
Difficulty with payment? Talk to Jane.

Balance due 15 May 2022.

Cancellation Policy: Full refund, less £25 administration fee and deposit, until 20 May, 2022.



For further information or to register, contact Jane:

virginia.jane@gmail.com; 01668 217437