

# Elemental: Restoring Essential Nature

10 sessions over 5 months

Beginning 4 September, 2022

Water flows ~ Air expands ~ Earth regenerates ~ Fire transmutes

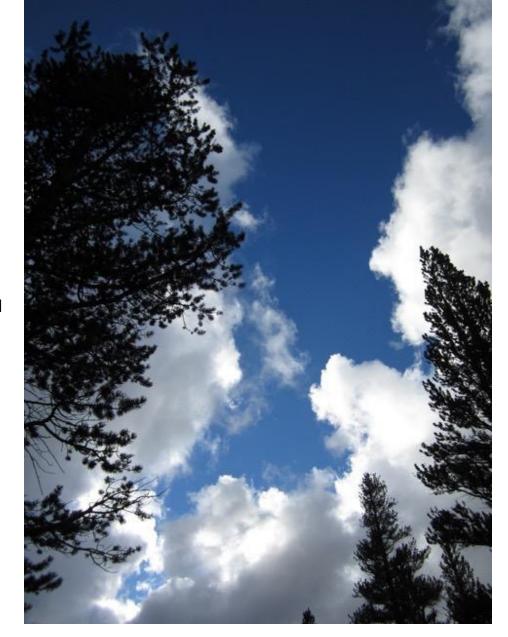
# We are Nature.

- Improvised somatically guided movement.
- Experiential anatomy and embryological embodied stories.
- Council style sharing.

### Facilitated by:

Fred and Colleen Sugerman, USA and Audicia Lynne Morley, Scotland

"Our inner life is complete when it merges into nature and becomes one with it." - D.T. Suzuki



### Join us for

### 10 zoom sessions over 5 months

with optional ongoing group connection and structured home practice.

- Expand capacity to be a creative self-guide.
- · Recover states of well-being.
- Increase plasticity, mobility, strength and stamina.
- Develop self-intimacy, camaraderie, community.

No dance experience necessary.



# **Schedule**

September 4th +
9th
October 2nd + 7th
November 6th +
11th
December 4th +
9th
January 15th +
20th

### Phase 1 Session 1:

September 4th - 4-7pm UK Time Sunday; 8-11am Pacific Time Phase 1 Session 2

September 9th - 4-7pm UK Time Friday; 8-11am Pacific Time

### Phase 2 Session 1:

October 2nd - 4-7pm UK Time Sunday; 8-11am Pacific Time Phase 2 Session 2:

October 7th - 4-7pm UK Time Friday; 8-11am Pacific Time

### Phase 3 Session 1:

November 6th - 4-7pm UK Time Sunday; 8-11am Pacific Time **Phase 3 Session 2:** 

November 11th - 4-7pm UK Time Friday; 8-11am Pacific Time

### Phase 4 Session 1:

December 4th - 4-7pm UK Time Sunday; 8-11am Pacific Time **Phase 4 Session 2:** 

December 9th - 4-7pm UK Time Friday; 8-11am Pacific Time

### Phase 5 Session 1:

January 15th - 4-7pm UK Time Sunday; 8-11am Pacific Time **Phase 5 Session 2:** 

January 20th - 4-7pm UK Time Friday; 8-11am Pacific Time

# **Money Matters**

Full course £475.00; Early bird £440 Concession £440; Early bird £400

Phase 1-5 Session 1 only: £295; Early bird £255

One-off session £65

For up-to-date currency conversion between the advertised prices in Sterling and US Dollars: https://www.xe.com/currencyconverter/convert/? Amount=1&From=GBP&To=USD



If you are new to this work and would like further information please email admin@statetheta.com to arrange a zoom call.

If you wish to register with pound sterling or euros, email admin@statetheta.com.

If you wish to register with U.S. dollars, email <a href="mailto:fred@medicinedance.com">fred@medicinedance.com</a>

## **Facilitators**

Audicia Lynne Morley: RSME/T Fully qualified and registered Somatic Movement Therapist and Educator with over 30 years experience in the field of the performing arts and health. A life long passion for learning and body orientated research have guided her studies that bridge both Eastern and Western approaches to Body-Mind-Spirit consciousness. She is co director of Tamalpa UK Movement based expressive Arts and creative director of State Theta Galleries.

Colleen Sugerman: life and creative partner with Fred in Medicine Dance, is an outdoors woman and movement artist, as well as a facilitator of the movement work. Certified in Movement Expression and Dance Alive®, she also works with private clients who are experiencing change and transition, and desiring support in identifying and manifesting their next steps. She calls herself "Midwife of Change."

Fred Sugerman: is a movement artist, educator, facilitator and professional actor. He is Founder and Director of Medicine Dance, a collection of mindful movement forums that support the accessing and managing of personal power. His passion lies in the space between the healing arts and the channels of expression welcomed in the performing arts.

