



Elemental: Restoring Essential Nature

10 sessions over 5 months

Beginning 4 September, 2022
on zoom

**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 fred@medicinedance.com

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.

