

RE-TURNING



Bolton Village Hall

May Day Bank
Holiday

**29 April - 4
May 2023**

**6-Day
Medicine
Dance
Immersion**

**with option to join
one or more single
days**

- Saturday & Sunday
9.30 - 3.30p
- Monday & Tuesday
2.30 - 5.30p
- Wednesday & Thurs.
9.30 - 3.30p

Beginning and ending with Self, and then, the act of moving and feeling together in the same room, in more and less physical proximity to one another, continues to be a process of remembering, re-imagining and returning for many of us in these times of post-pandemic.

Live, warm bodies on the smooth worn timbers of Bolton Village Hall. Your way of negotiating space between is the only proper way,

and you will be encouraged and guided to find safety and comfort throughout the process.



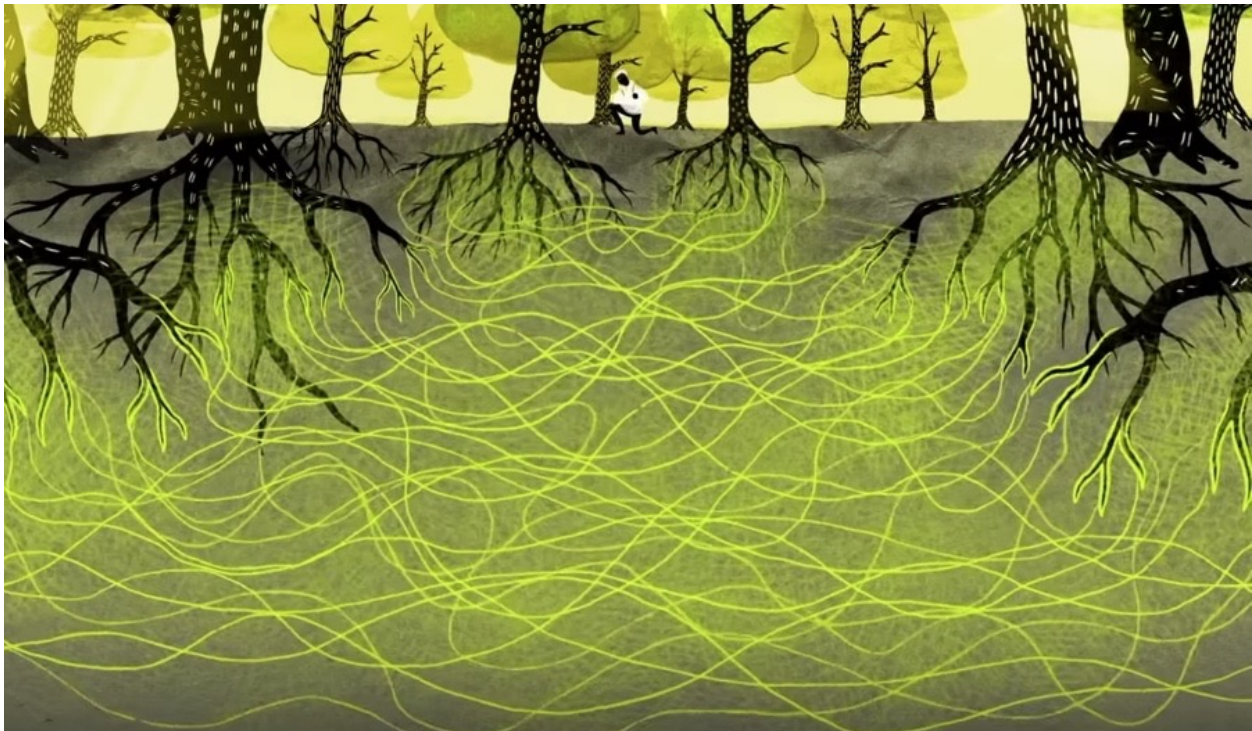
Our practice is simple and easy. Self-guided, musically and verbally invited movement. Awareness and allowing of already occurring movement and initiation of new movement through different body parts, in different directions, in shapes and tempos that feel appropriate for each participant's level of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



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

Expect deepened awareness of felt sense and possibility of more or less ease, effort, and enjoyment of body.

"About thirty years ago I was looking for an English word to describe our deep interconnection with everything else. I liked the word "togetherness," but I finally came up with the word "interbeing." The verb "to be" can be misleading, because we cannot be by ourselves, alone. "To be" is always to "inter-be." If we combine the prefix "inter" with the verb "to be," we have a new verb, "inter-be." To inter-be reflects reality more accurately. We inter-are with one another and with all life." -Thich Nhat Hanh



Money Matters:

Early-bird Registration*: £450 for 6-day Immersion - *non-refundable £100 deposit paid by 15 February 2023.

Later Registration* (space permitting): £475 - non-refundable £100 deposit paid by 15 March 2023.

Late Registration* (space permitting): £500 - non-refundable £100 deposit paid after 15 March 2023.

Difficulty with payment? Talk to Jane.

Balance due 15 April 2023.

Cancellation Policy: Full refund, less £25 administration fee plus deposit, until 20 April, 2023.

For further information or to register, contact Jane:

virginia.jane@gmail.com; 01668 217437

If you are paying in American dollars, please go to:

<https://www.google.com/search?client=firefox-b-1-e&q=pounds+to+dollars+calculator>

put in 450 pounds (or whatever amount is owed), and pay the rate shown for American dollars on the day you put down your deposit.

*photos by Colleen Sugerman

**flag by Emma Hardman

meet facilitators Fred, Colleen and Jane:

Fred Sugerman is a movement artist and educator, and founder/director of *Medicine Dance, a collection of mindful movement practices exploring the space between the healing and performing arts.

He is informed by mindfulness, a motorcycle crash that almost cost a leg, and a traditional theater and dance education and practice, he runs weekly classes, monthly workshops, movement arts laboratories, facilitator trainings, international immersions, and maintains a home-based space where he sees folks one-on-one.

A student of Mariane Karou and certified Movement Expression© Facilitator and Dance Alive® Instructor, his expertise is creating a space of safety and permission, where participants become quiet and still enough to identify already-occurring movement in their bodies, and allow that internal experience to externalize and emerge as presence-in-action.

He is co-facilitator of Dancing Mystery Lodge in Culver City, California with Jo Cobbett (5-Rhythms) and Georgianne Cowan (Continuum).

He is co-creator and movement specialist with Race Relay, a multi-media production and community dialogue series about race relations.

He has guest-facilitated with the Expressive Therapies Summit, UCLArts and Healing, SOMAfest, Men's Center Lost Angeles' Sacred Path retreats, Inner Power Yoga, Kalani Honua Retreat Center on the Big Island of Hawaii, University of Central Lancashire, State Theta Galleries in Ormiston, and the Salisbury Centre in Edinburgh.

He is co-creator and interventionist of "Mindful Movement for Breast Cancer Survivors," a research project that was funded through the City of Hope, and the John Wayne Cancer Institute at Providence St. John's Health Center, Los Angeles.

*An expressive-arts modality, **Medicine Dance** is closely aligned with the art of improvisational dance. We practice mindfully tracking, verbalizing and exploring the body's impulses while being deeply witnessed individually, in partnerships and in groups, encouraging a greater resiliency and comfort in navigating the basic human pendulations between autonomy and communion, bringing ever greater consciousness to the bridge between sensing and making sense.

Colleen Sugerman co-created Medicine Dance with Fred, and is his life partner. She is an outdoors woman and movement artist, as well as a teacher of the movement work. She is also certified in Movement Expression© and Dance Alive®, and works with private clients who are experiencing change and transition. She calls her private practice "Next Step Coaching." Colleen is also a professional organizer and has interest in metaphysics, the process of death and dying, and cooking.

Jane Virginia has been dancing with Colleen and Fred for 19 years, and brought the work to Northumberland (Bolton Village Hall) starting in 2007. She is a student and teacher of Tai Chi, QiGong, Matriarchal Studies and Drama School trained. She has lived in and loved Northumberland for 50 years and is the mother of 9 children. Other interests include Astrology, Homeopathy, Macrobiotics and Tarot.