



Our 14th year...

time

a 6-day immersion
into our one system
of Soma, Psyche
and Spirit using the
spontaneous playful
explorations of
Medicine Dance *

**27 April - 2
May 2024**

- Saturday & Sunday
9.30 - 3.30p
- Monday 2.30 - 5.30p
- Tuesday & Wednesday
9.30 - 3.30p
- Thursday 9.30 - 12.30
followed by fire

Bolton Village Hall & Jane's Cottage (on Thursday)
Northumberland, England

**"In ceremony we bring together
Eternal timelessness and temporal time.
Through ceremony we connect the Eternal
rhythms with daily living."** - Carol Proudfoot-Edgar

Supporting radical autonomy (deep within-self time), and profound communion through the continuously evolving relational dance of consensual physical connection (or not). And the space between.

Including live and recorded music, supported stillness and silence, and lots of moving through any part of the body in any direction into shapes and tempos appropriate and indigenous to each participants level of safety, comfort and physical capacity.



- * “To understand the concept of medicine in the Native American way, one must redefine ‘medicine.’ Medicine is anything that improves one’s connection to the great Mystery and to all life. This would include the healing of body, mind and spirit. This medicine is also anything that brings personal power, strength, and understanding.”
-Jamie Sams



Money Matters:

Early-bird Registration*: £500 for 6-day Immersion - *non-refundable £100 deposit paid by 1 February 2024.

Later Registration* (space permitting): £525 - non-refundable £100 deposit paid by 1 March 2024.

Late Registration* (space permitting): £550 - non-refundable £100 deposit paid after 1 March 2024.

Difficulty with payment? Talk to Jane.

Balance due 1 April 2024.

Cancellation Policy: Full refund, less £25 administration fee plus deposit, until 7 April, 2024.

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

Medicine Dance embraces the technology of movement accompanied by music, and some times silence that has been utilized since the beginning of recorded Human history.

Now touted by mental health professionals and training institutions world-wide, the relationship between soma and psyche is evermore scientifically studied and documented in journals, textbooks and popular literature.

We suggest a few body parts, qualities of movement, relationship words around the elements of water, air, earth and fire and optional ways to use space - you respond. That's what we do. Invite Pause. Suggest sensing (or feeling) inside the body. And then encourage more and less response, largely in the form of movement.

Thoughts are welcome.

Mind travel happens naturally.

And gently and continuously, we invite attention on the body's responses (felt sense or physical sensation). This sustained, quality of attention on the body's sensational, intrinsically sensual awareness activates a part of the brain that is a different part than the cognitive/thinking/fanalytical part, so thoughts are slowed, paused at times, and at least altered.

Simply, we are holding a form of sensual meditation or mindfulness practice.

Medicine Dance is influenced and can look like Gabrielle Roth's 5-Rhythms, Emilie Conrad's Continuum, Janet Adler's Authentic Movement, Frank Natale's Trance Dance, Osho's Dynamic Meditation and Isadora Duncan's school of dance, to name a few forms trademarked or registered by pioneers in our field. Also, Ecstatic Dance, born in pre-historic times and dramatically revived in areas of human populous since the early 70's.

Our main influence, and original training and certification comes from Mariane Karou's Dance Alive and It's predecessor, Movement Expression.

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 February 2005. 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.