

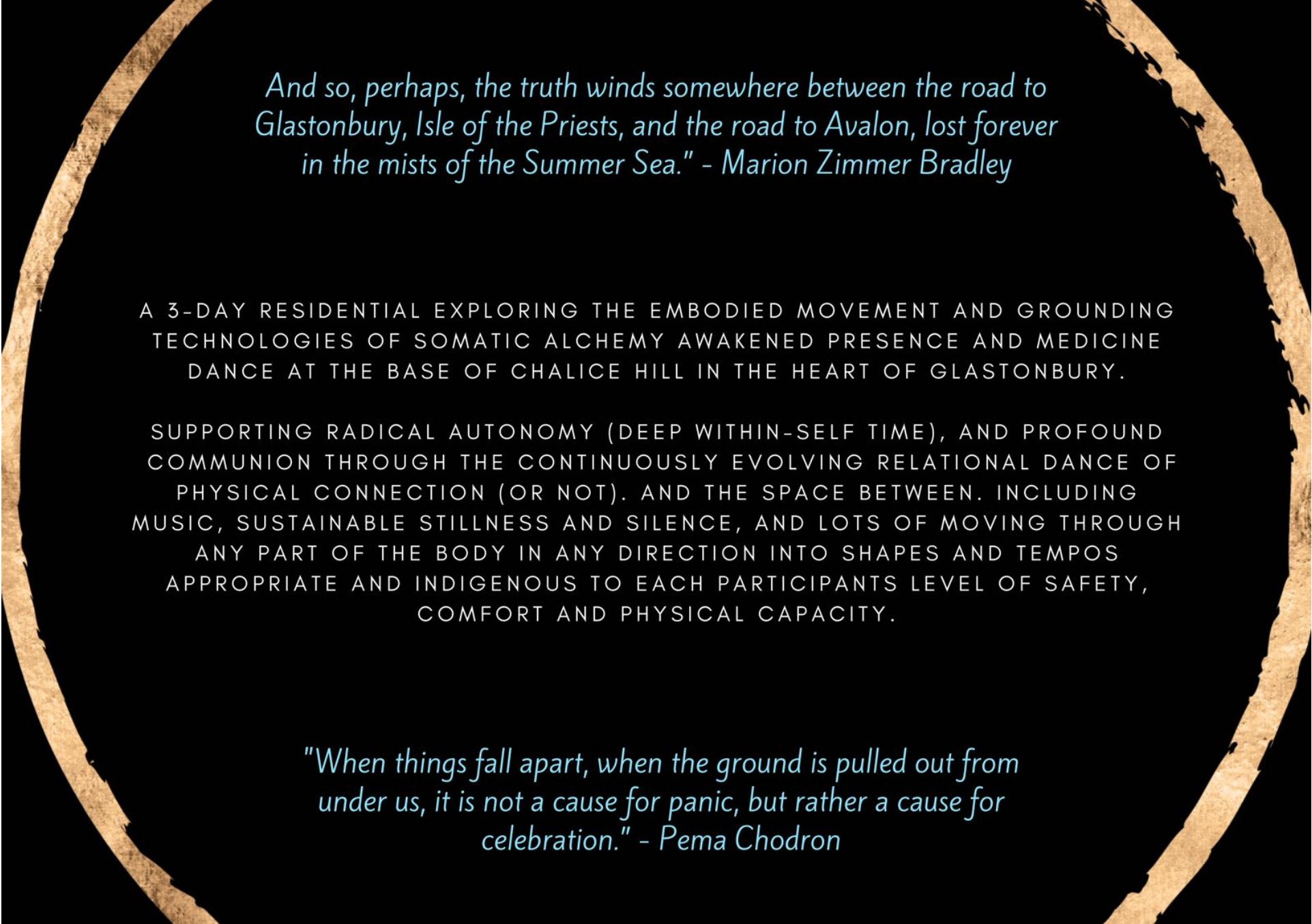
12TH APRIL 7PM - 14TH APRIL 6PM

FINDING GROUND

A MOVEMENT RETREAT IN AVALON



LED BY FRED & COLLEEN SUGERMAN OF MEDICINE DANCE, CALIFORNIA
ASSISTED BY FRANCIS ELIOT & BLANCHE MULHOLLAND
£375 FULLY RESIDENTIAL - £245 NON-RESIDENTIAL
AT SAMBOGAYA DOD LANE, GLASTONBURY
BOOKING/INFO WWW.SAMBOGAYA.ORG



And so, perhaps, the truth winds somewhere between the road to Glastonbury, Isle of the Priests, and the road to Avalon, lost forever in the mists of the Summer Sea." - Marion Zimmer Bradley

A 3-DAY RESIDENTIAL EXPLORING THE EMBODIED MOVEMENT AND GROUNDING TECHNOLOGIES OF SOMATIC ALCHEMY AWAKENED PRESENCE AND MEDICINE DANCE AT THE BASE OF CHALICE HILL IN THE HEART OF GLASTONBURY.

SUPPORTING RADICAL AUTONOMY (DEEP WITHIN-SELF TIME), AND PROFOUND COMMUNION THROUGH THE CONTINUOUSLY EVOLVING RELATIONAL DANCE OF PHYSICAL CONNECTION (OR NOT). AND THE SPACE BETWEEN. INCLUDING MUSIC, SUSTAINABLE 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.

"When things fall apart, when the ground is pulled out from under us, it is not a cause for panic, but rather a cause for celebration." - Pema Chodron