



See/Hear/Love: As A Tree

Medicine Dance Facilitation Laboratory

16 - 20 October, 2024

Wednesday & Thursday 6:30-9:00 pm

Friday 12:30 - 5:30 pm

Saturday 10:00 - 5:30 pm

Sunday 10:00 - 5:30 pm

Outback Yoga in Chatsworth

[MedicineDance.com/facilitation-laboratory](https://www.MedicineDance.com/facilitation-laboratory)



Exploring the tools of Space-Holder/ Facilitator/Practitioner

People today need, perhaps more than anything, refuge - space that feels safe.

Safe to move or be still, sound, speak or be silent, meet self and other(s), and self through other(s).

A place that promises potential of less or no thought.

Are you currently creating such space or do you desire the self-permission and long for the confidence to create such space?

If the answer is “YES” to either of the above, this gathering is for you.

A Few Essential Qualities of Our Practice

- Profound self-inquiry via the marriage of Mind's attention and Body's sensation.
- Exploration of: the space between a less-thinking, more-feeling, timeless state, and the time-informed ordinary culture-at-large “reality”; the capacity each one of us has to find words that describe those timeless and timeful experiences; ways to sustain the Presence and sense of well being we tap into while in the timeless states of being.
- Holding the impersonal, physically intimate, relational work that elicits a sense of self reliance and autonomy, while simultaneously allowing deep communion.

Our five-day immersion will continue the dive into how to invite, via sensation, movement, music, word, silence, stillness, breath and ground (to begin with), the self-knowing and states of being we long for.

As always, our primary way of studying this art and practice of space-holding will be by doing it. Every participant will have the opportunity to spend time with partners, within smaller and larger groups, using word, sound, music and presence as way of affecting other(s).

Money Matters

\$550 with non-refundable deposit (\$100) paid before 8 September

\$600 with non-refundable deposit (\$100) paid before 8 October

\$650 paid after 8 October

Balance due on first day of workshop.

Space is limited: first come, first served.



First time? Interview with Fred Sugerman required.

Questions (encouraged): fsugerman@medicinedance.com or 818.337.9614

Ready to go-for-it?: Venmo Fred-Sugerman or PayPal fsugerman@yahoo.com

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