

Integration
Medicine
Dance
and
**THE SPACE
BETWEEN**

5 or 11-day movement
immersion

Universal Hall,
Findhorn Ecovillage,
Scotland
5 - 15 October 2026



the space between:

Sky and Earth
Within and Without

One Incremental Movement and the Next Incremental Movement

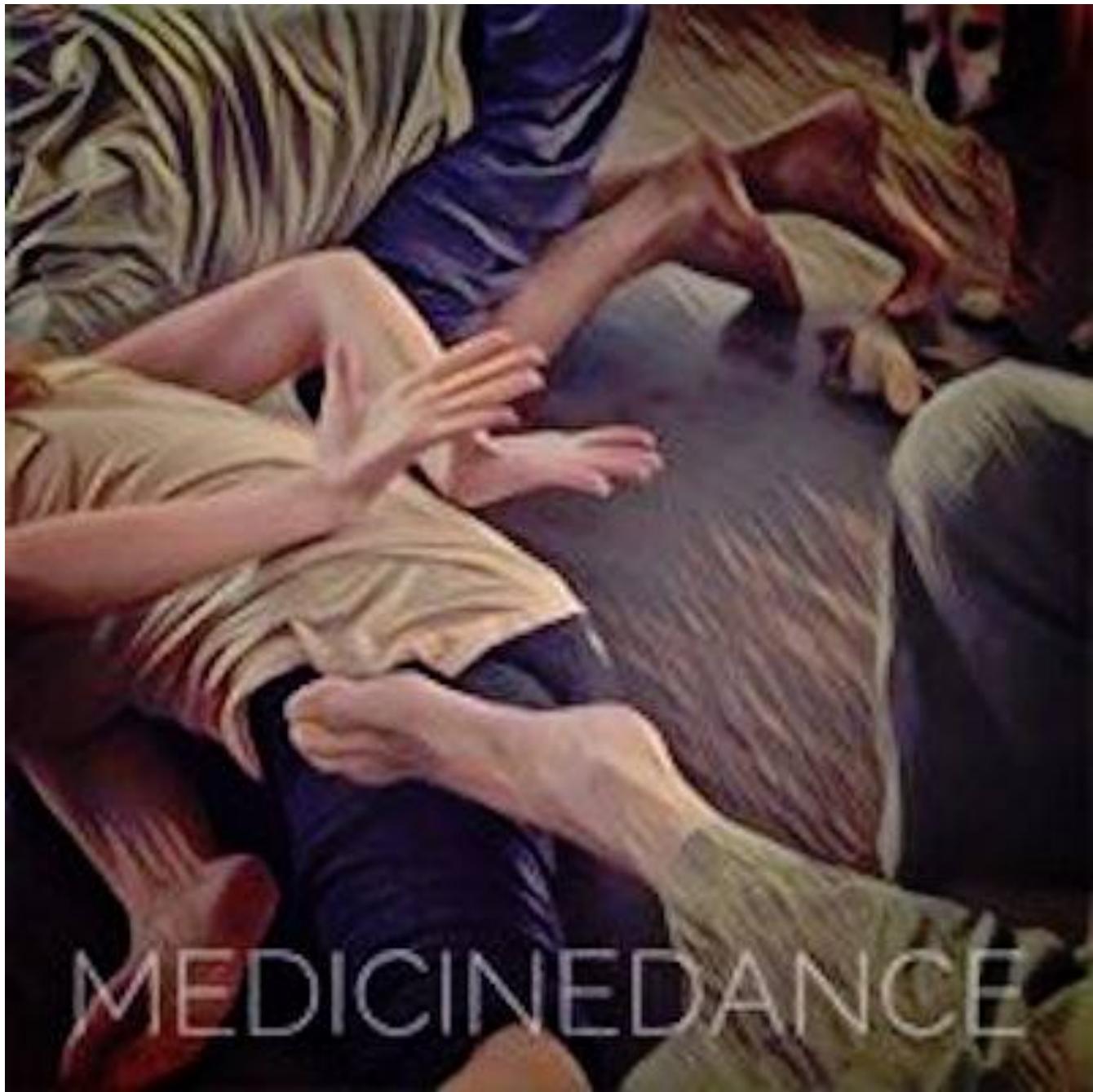
Cranial and Sacral

Your Body and Mine
a Laugh and a Tear

Higher&Lower Softer&Firmer Slower&Quicker Littler&Bigger

The space between is where magic resides

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor E. Frankl



“There are things known and there are things unknown, and in between are the doors of perception.” - Aldous Huxley

In collaboration with:

- Audicia Lynne Morley and Derek Houghton of Alive Arts
- Scott Young of Fluid Nature
- Blanche Mulholland of Somatic Alchemy
- Leezza Jessie of Medicine Dance UK
- Emma Hardman of Dansformation

The 11-day Itinerary:

5 - 9 October - 5-day immersive Medicine Dance movement experience with live and recorded music

10 October - day of rest

11-15 October - bringing with us the well-fed and awakened living tissues of our bodies from the previous five-day journey, we will enter into

See/Hear/Love: As A Tree our facilitator/space-holder's laboratory and playground

<https://medicinedance.com/facilitation-laboratory/>

for long term movement practitioners who yearn to deepen and expand their personal movement practice by sharing that practice, as well as veteran space-holders who desire camaraderie and safe place to practice the next level of their art and craft.



The Universal Hall

or

The 5-day Itinerary:

- 5 - 9 October: immersive Medicine Dance movement experience

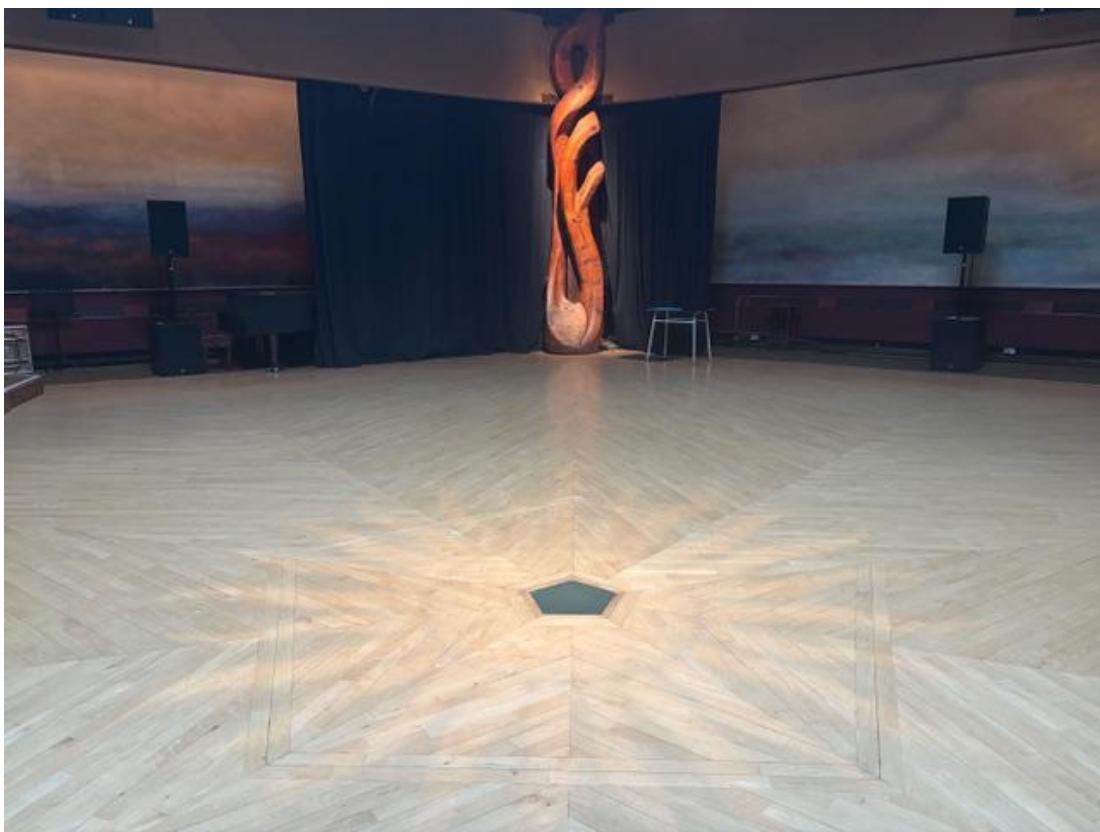
Small-print attempt to further language our vision:

The first 5 days in the Universal Hall (5-9 October) will be open to all - Medicine Dance is the art and craft of supporting solitude and inducing camaraderie including the use of: Breath and Ground, Stillness and Silence, Movement and Music (live and recorded), Each Other.

---It is a self-inquiry via the marriage of Mind's attention on Body's sensation and the allowance of more and less movement.

Additionally, we will be finding safe, fun, impersonal and sometimes physically close approaches to relational work with an underlying belief that we have the capacity to expand our sense of self reliance and autonomy with the support of an other, while simultaneously allowing deep communion.

---It is a way to: feel oriented feel safe feel connection with Other(s) feel rest ---



Universal Hall inside

After the initial five day immersion, we will take one day off and the next five days (11-15 October) will be by invitation only, and is called **See/Hear/Love: As A Tree** - it is a training, laboratory & playground for facilitators & space-holders that include, or want to include more of spontaneous, playful exploration of sensation-based movement in their practices.

This follows a tradition in the movement arts: when we get to a certain level (inwardly found) of practice in the Arts, be it martial or dance, athletics or yoga, we are called to share the work. To call others into an environment that we create, with an intention to pass on the magical, transformative benefits that we have

come to receive through regular, long-term practice. In that Sharing, our own **Practice** is informed and deepened, and we are Gifted with a **Way of Service**.

With a continuously shifting constellation of partners, small groups and larger groups, every participant will have lots of time testing word, sound, music and presence (as well as other tools to be discovered) as ways of holding space to support Other(s) in:

Self-inquiry via the marriage of **Mind's attention and Body's sensation**
and

Bringing awareness to our relatives that we commonly call **Water and Air and Earth and Fire**, who possess qualities that we possess, as well.

We are Water, Air, Earth and Fire. Practicing the powers of Water, Air, Earth and Fire provide us with bodies that can weather any and all storms, and have intrinsic capacity to return to calm, at will and

Finding safe, fun, impersonal and sometimes physically close approaches to **Partner Work**.



Money Matters - Prices for immersion only. Food and board and travel not included

Extraordinary Earliest-bird for 11-day: **£ 850 total** paid in full 15 February,

2026 (including **£ 100 non-refundable** deposit)

Extraordinary Earliest-bird for 5-day: **£ 450 total** paid in full 15 February,

2026 (including **£ 100 non-refundable** deposit)

Earliest Bird for 11-day: **£ 900 total** paid in three installments:

£ 400 (including **£ 100 non-refundable** deposit) paid on or before 15

February; **£ 250** by 15 April; **£ 250** by 15 June

Earliest-bird for 5-day: **£ 470 total** paid in three installments:

£ 260 (including **£ 100 non-refundable** deposit) paid on or before 15

February; **£ 105** by 15 April; **£ 105** by 15 June

Early-bird for 11-day: **£ 950 total** paid in three installments:

£ 420 (including **£ 100 non-refundable** deposit) paid on or before 15

March; **£ 265** by 15 May; **£ 265** by 15 July

Early-bird for 5-day: **£ 490 total** paid in three installments:

£ 270 (including **£ 100 non-refundable** deposit) paid on or before 15

March; **£ 110** by 15 May; **£ 110** by 15 July

Tweety-bird for 11-day: **£ 1000 total** paid in three installments:

£ 440 (including **£ 100 non-refundable** deposit) paid on or before 15

April; **£ 280** by 15 June; **£ 280** by 15 July

Tweety-bird for 5-day: **£ 520 total** paid in three installments:

£ 280 (including **£ 100 non-refundable** deposit) paid on or before 15

April; **£ 120** by 15 June; **£ 120** by 15 July

Later-bird for 11-day: **£ 1050 total** paid in three installments:

£ 450 (including **£ 100 non-refundable** deposit) paid on or before 15

May; **£ 300** by 15 June; **£ 300** by 15 July

Later-bird for 5-day: **£ 550 total** paid in three installments:

£ 300 (including **£ 100 non-refundable** deposit) paid on or before 15

May; **£ 125** by 15 June; **£ 125** by 15 July

If you need to participate in this programme, and are unable to attend because of the schedule of payment, talk to Fred.

*If paying in American dollars, find amount owed (at time of payment) by going to:
<https://www.google.com/search?client=firefox-b-1-e&q=pounds+to+dollars+calculator>

Cancellation Policy: Full refund, less **£60** administration fee and **£ 100** deposit (**£160** total), until 15 July, 2026.

Fifty percent refund, less **£60** administration fee and **£ 100** deposit (£160 total), after 15 July, and until 15 August. No refund after 15 August.

Space is limited: first come, first served. Interview with Fred required.

Questions (encouraged), or to register:

fsugerman@medicinedance.com or 1(818) 337-9614

