

Explorations in Somatic Movement and Imagination,

With Kerstin Wellhöfer

Two mini workshops introducing ways of playing somatically with our movement realm, based on the evolutionary embodied work developed by Caryn McHose and Kevin Frank. Calling on aspects of Body&Earth (Andrea Olsen and Caryn McHose) approaches to working with awareness for nurturing a deeper understanding of how we are organised to move and relate to the wider world.

Sunday 15th of April 2.00-5.00pm

in the Helen Lewis Dance Studio, Crescent Arts Centre

Motility in Early Movement Patterns, fluid presence of breath and cell, finding our sponging, squirting, rolling and pouring.

A three hour workshop exploring how support for movement, for deepening awareness of self in relationship to environment, is available through our imagination and our moving.

We will play with establishing an omnidirectional support for movement. Immersed in breath, the primary fluid cellular breathing, the internal and external exchange, our fluid relationship with ground and space, as well as ideas around shifting the content and the container, we will affirm individual sense of being allowed, welcomed and present.



Image: KW, Body and Earth retreat Devon 2016

16th of April 10.00-1.00pm

in the David Hill Studio, Crescent Arts Centre.

Laying down the Bones, clarity in function, presence and organisation of skeletal structure.

A three hour workshop exploring the presence of bone. An investigation into clarifying the presence, the nature, and the felt sense of bone.

We can discover organisation, spatial relationship and allow movement qualities to emerge. Playing with notions of internal and external, we wonder how bone and skeletal structure can affirm our relationship to self and other.



Image: KW, Somatic Enquiry studio shot

Kerstin Wellhofer BAHons, IIHHT, DIP IBMT, *rsme/t ismeta* is a practitioner of Body&Earth Practice (developed by Andrea Olsen and Caryn McHose www.bodyandearth.org) as well as a practicing registered somatic movement educator and therapist. www.ismeta.org. She has a client practice www.somaticenquiry.co.uk and is a lecturer on both the BA and MA: *Dance and Somatic Practices, connections to the living body*, in Preston at UCLan. Many years of training and work in movement practices, including IBMT UK and continued professional development in Body-Mind Centering, as well as an established Authentic Movement Practice inform her research, delivery and play. She is co-director of www.movementsense.co.uk, a community interest company dedicated to connecting the body in movement and nature.