

Earth felt Dance



We are Soul in an embodied experience; within our moving, sensing bodies.

In the magical environment that is Bali, we invite you to spiral into your unmapped inner territory.

To the creative center of your being.

Feel. Listen. With visceral & embodied reference to the environment as your greater ecology, explore moving from the depths of your interior.

Find freedom. New movement possibilities. New movement choices.

Come and be danced.

*Facilitators Alice Owen and
Narelle Carter-Quinlan*

Alice: *Our process is a spiral - moving into one's centre, finding our felt interior sense, then coming out to the world to engage in a new way...*

Narelle: *move into communion with your deepest landscape; your embodied terrain. Nerve-lichen, rock-bone, the rainforest of your lungs, curving river of your spine, coursing lush waterways. Come!*

The Experience

The mornings begin with experiencing your environment; the sun rising out of the mist, the sacred river, lush gardens. Perhaps a swim in the infinity pool, or practicing your own personal meditation in the Balinese pavilion. Or simply enjoying the sounds of the village coming to life from the haven of your thatch roofed room. Each morning, after breakfast, we begin the day with dance.

**Over six nights and five days
we enter sacred space.**

**Through Dance & Movement Improvisation,
Art process, Storytelling & Journaling.**

**We journey into the inner wild body,
exploring the felt relationship of the
Body-Land. During the afternoon we
dance, weave in voice experientials;
reflect, create art, share.**

The Details

When: 3rd-8th November, 2014

Registration:

Earlybird US\$1,550 - full payment before August 1
After which, Full Registration US\$1,750 twin share
Note: Tuition fee comprises \$300
Accommodation, meals*, airport transfer** \$1,250

Includes:

- o 6 nights accommodation,
- o 5 days tuition,
- o breakfast and lunch daily*, and
- o airport transfers to and from Denpasar**

Please Note: Registration does not include airfares, Evening meals, cultural visits and personal expenses.

To Register: non-refundable deposit US\$350
Your Earlybird Balance is due in full by August 1
or Full Registration Balance by 15 September

Please plan to be in Bali to by 1st November.
Your workshop concludes at 5pm on 8th November.

QUESTIONS?

All questions, including Bali information to:

www.aliceowen.com.au

E: aliceowencreate2@gmail.com

or, Embodied Dance Qns www.embodiedterrain.com

E: narelle@embodiedterrain.com

The Purnati Arts Centre is 20 minutes from the arts hub of Ubud. A highlight of this retreat includes optional evening visits to performances of Balinese dance, to the Jazz café, and the witnessing of Balinese ceremony at temple visits.

www.balipurnati.com

There are no prerequisite skills or fitness levels required.



Your Facilitators

Alice Owen

Alice is a Dance Therapist, Creative Dance teacher, and a Speech Pathologist . She works with people of all ages with and without disabilities, using Laban Movement Analysis to help people explore and improve their movement range and potential. Alice has danced all her life; she believes dance is the primary art form.



Narelle Carter-Quinlan

Narelle is an anatomist, dance and sound practitioner, a yoga therapist, writer and photographer. Her pivot point lies in inviting the felt consciousness of the body as an ecology integral with the Land. She has taught in New York City, London, Europe and her native Australia. Dance has sung its way through her body for five decades.



Your opportunity:

This magical time and space is available for just 14 participants. Depth, communion, intimacy.

To Register: Please visit us [HERE >](http://www.embodiedterrain.com/cathedral-of-the-body/)
www.embodiedterrain.com/cathedral-of-the-body/

You will be led to an Information page, Registration Form, Payment button, Cancellation policy & Terms.

Who is this retreat for?

Women, dance explorers, somatic practitioners, anyone who hears the call to return to the wilderness of the moving body in service to their inherent wholeness,

and yes, beloved,
YOU.





Earth felt Dance - in Bali