

Welcome



Earth body: Movement for all

G25020401

with Rulan Tangen

February 28-March 2, 2025

Greetings,

This is Rulan Tangen, Artistic Director of Dancing Earth, and I give you a heartfelt embrace for taking the time to be a part of EARTH BODY: Movement for All, a midwinter retreat from February 28-March 2, 2025 that centers eco-somatic practices to revitalize your presence as rooted within a sense of place.

As we look towards the earth at this time of year at Ghost Ranch, we start to anticipate the equinox, as inspiration for motion. Thank you for choosing the wisdom of your body to explore balance in many wonderful ways - the hemispheres of body, movement and stillness, individual and collective, multiple complementary forms of creative expression, inner dreamscape of body and outer landscape of earth! The experience will be a weaving us into an awakening of balance through multi sensory embodied imagination and intuition, guided by nature with the changing of seasons!

You are warmly welcomed, and the leaning environment will be encouraging, inspiring, and empowering because you are 'boss of your body' and can adapt and respond to the movement ideas in ways that feel healthy to you. From beginners to advance movers, these practices are designed to revitalize you. Please let me know of any injuries or other sensitivities before the retreat. And, I encourage you to share any goals also (such as: feeling good! Or, more strength, more flexibility, more coordination, more purpose in movement, more connection with nature, more connection with other movers) .And, essential oils may be used, documentary photos may be taken at certain moments.

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For your experience, I encourage you to bring:

- Comfortable clothing suitable to movement, in layers
- Shoes that slip on and off easily
- Refillable water bottle
- Journal notebook and pen /pencil
- Personal yoga mat and blanket option
- Small personal towel as needed
- Socks , and the ability to be barefoot indoors. Or, foot covering is needed for personal reasons (such as: ballet slipper, dance sandal, or supportive sneaker that is not worn outdoors, or sanitized wipes to clean protective shoes if worn outside, before use indoors)
- A special personal item for the collective altar/mandala (to be returned at the end of workshop)
- Open mind, and open heart !

If you fall in love with eco-somatic movement , or want to prepare for connecting body with energy sources of mind, heart, spirit, and earth, please know that I am offering online classes on Sunday mornings.

I look forward to moving together and breathing dreams into life !

Much appreciation for being ready to be your fullest self !

With a dancing spirit,

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SCHEDULE:

Friday evening

6:30 to 8 pm Opening Circle, Intro and Restful movement before bedtime

Saturday

7:30-8:30am breakfast

9am Morning Ritual : Breathing Life, Morning Movement Meditation, Intentions

9:30 Multi sensory embodiment practices

11:15 -11:45 Nature walk with movement

12-1 Lunch

1:30-2 pm Gathering from earth

2- Drawing and Poems : mapping imagination and relationship

2:45 Movement : in relationship with the earth body

4:15 - 4:30 Evening : rest and dreaming closing stretches , and poetic journaling prompts

5:30-6:30 pm dinner

Optional nighttime: stargazing and poetic journalling together

Sunday

8:30-9:45 am Morning ritual : Invigorating movement with intuition and imagination and closing circle reflections