

♻ *Being Green Again* ♻

Reconnecting to our Evolutionary Movement Lineage

with Penny Allport and Amy Kiara Ruth



*“We began as mineral
We emerged into plant life and into
the animal state, then to being human*

*And always we have forgotten our former
states,
except in early spring,
when we dimly recall being green again.”*

~ Rumi (translated by Coleman Barks)

Sunday, March 31st 2019

2 – 6pm

Helga Beer Studio, #202 – 1600 Bay Street, Victoria, BC

***being green
fresh
earthy
beginner’s body
being
grrrrreeeeeeeen beeeeeeeeing***

In the creative play of breath, movement, sound and sensation, metaphor and meaning we will remember and attend emerging rhythms of life and the wisdom and eternal resource of our animal bodies.

Through happy accidents experience ease in the places you used to ache in, and pleasure in the inherent capacity to be fresh in each moment.

Experience your self freshly... Be Green Again!

Come play with us: we will move, sense, explore, and be in inner nature both in the studio and outside, please wear layers for comfort and weather changes.

\$65 – \$85 sliding scale, due to space capacity registration required

*To Register: contact Penny at pennyallport@gmail.com or 604 803 4607 or
Amy at amykruth27@gmail.com or 604-873-2346*