***Re-genesis*: Learning how to listen.**

**a BodyEcology intensive workshop on Lake George**

**October 16-19** [Thursday--Sunday]

**November 26-30** [Wednesday--Sunday] 2003

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A shamanic bodywork and movement exploration with Zsuzsanna Soboslay for adults, adults with children, and anyone wishing to develop response-able relationship between the landscapes of their minds, bodies and environments.

The 2003 ***Learning how to listen/*BodyEcology**retreat comprises two segments of intensive workshop.

The first segment [October] provides a grounding in **BE** bodywork and a doorway into relationship with the "larger picture" in which we exist. We work to understand our sensory participation in the world, and our being *equal* to it in all aspects. Movement, breathwork, meditation and bodywork are part of this process, preparing ground for shamanic awareness and for starting to bring it into our daily lives. The objective is to enlarge participants’ sensory and body-thinking resources, and tap into our capacities to re-align and re-cognise our sensed experience of value and of who and what we are.

The second segment [November] looks at how this emergent sensibility can be harnessed in ethical practices: performing, teaching, dancing, parenting, curing, caring, articulating, bringing-into-the-world. What is it to engage with others from within the **BE** experience? What patternings emerge? What interrelationships are now possible?

The segment begins with a "soft day" in which **parents with babies/young children are invited to attend,** the point being to rest and play with what we observe of our first interactions with the world. From the second day, we begin to allow for different streams, examining our interactions with structures of work, performance, and interrelationships. The aim is to link sensory and emotional intelligences with technical process; thus, anyone from dancers, painters, performers, writers, musicians, to parents, ecologists, and health practitioners is welcome to attend.Along the way you will acquire skills to keep nourished, informed and sustained within your respective practice.

**Cost** of course is **approx. $120 per day\*** [with discounts for full segment attendance, and costs-only fee for the November "babies' day"—under 3 years free] which includes tuition, individualised bodywork processes [as required], accommodation and all meals. Meals will be mostly vegetarian, with participants rostered to assist with cooking duties. Part attendance may be negotiable. Maximum number of adult participants: 10; minimum 5 required.

**VENUE**: Willeroo at Lake George [three hours south-west of Sydney].

**BodyEcology aims to be an inclusive process**. The course structures are flexible and CAN accommodate to individual interests and needs. Children [if supervised] and partners are welcome and can stay overnight, particularly for the celebration on the Lake on Nov 29. Please contact Zsuzsanna at the earliest opportunity to discuss what variations might apply to you.

Participants need to bring a willingness to leave behind conceptions of how they define their capabilities in order to enter the rich dialogue of possibilities that we are connected to.

Please join me in this regenerative and evolving process. I look forward to working with you.

***re-genesis*/Lake George** is part of an ongoing retreat programme which will continue into processes at Tidbinbilla Nature Reserve in 2004 and other locations TBC.

For further information, please send a return email, and visit *BodyEcology* at www.bodyecology.com. Scroll down to ***re-genesis*/BodyEcology--*retreats*.**

This project is supported in part by a small grant from the Dance Board of the Australia Council for the Arts to assist with workshop studio hire.



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