



HUMAN NATURE

Artistic Retreat

19.-22. July 2021

in Uckermark

HUMAN
NATURE
Sommerkurs

Body - Nature - Space

Core Practice* and Aesthetic Practice

von 19.- 22. July with Kristín Guttenberg

With Joy we announce this year's summer course. It will take place physically and in real time in 'Großer Garten' in Gerswalde.

In the nature of Uckermark, spaces open up for breathing, for immersion and emergence, for impressions and expressions, for exchange and exploration. The course gives impulses, inspiration and time to dive sensually and creatively into the theme of man & nature.

Fields, woods, ruins and the large barn-studio in the old terrace garden offer us diverse spaces for perception and exploration.

Practice sessions, listening walks, creation moments and free times invite us to connect deeper with ourselves and a playful exchange with the environment.

In this course we go into different nature and time spaces with a guided somatic and energetic practice. We induce resonance and explore the senses and aesthetic-creative processes and improvisations with and in nature.

The sensing and working with inner and outer rhythms, balance and boundaries is stimulated and intensified. At varying times of the day and night, in different places, in temperature changes and different elements, essential regulations in the organism can be sensed and activated. Especially transitions between day and night, waking consciousness and sleep can be experienced as a source of inspiration and regulation. Mental and physical aspects can then balance naturally, and boundaries might be expanded and a vitality and presence experienced.

** Core Practice is a simple, yet complex and centering body-mind practice developed for stage artists. It works with the integration of QiGong, Yoga and martial arts elements, among others, and incorporates selected themes and environments.*

Start 21.7. at 16h **End** 22.7. at 12h

Participation fee: 240€ / reduced 180€

*Scholarship for students on request

Location: Grosser Garten Gerswalde _ Dorfmitte 11 _ 17268 Gerswalde

Registration : info@themovingacademy.com

further infos >>

Accommodation:

directly in the ensemble of old gardener's house and barn studio in the Great Garden Gerswalde/Uckermark ->

- Option A) Accommodation in the house:

Bed in a nice double room with own bathroom, shared kitchen 20€ p.p./night

- Option B) Accommodation in own tent/car:

Camping directly in the terrace-garden next to the studio 8€ p.p./night

Overnight stay in car: parking outside the premises

Catering: Self-catering kitchen

2 indoor kitchens available,

simple grocery store and farm stores close in the village

Arrival:

- Public: The nearest train station is "Wilmsdorf (near Angermünde)", it is served by the RE3 and is about 12km from Gerswalde. From Wilmsdorf (Angerm.) to Gerswalde village center (church) there are regular buses.

- The bike path Wilmsdorf-Gerswalde via Stegelitz - Flieth - Kaakstedt is wonderful, almost car-free and well signposted. If you have any questions about this or about public transportation, we will be happy to help you.

- Car: A11 to exit 8 (Pfungstberg), continue on the L24 in the direction of Gerswalde (approx. 12km). Please use the parking lot at the village church (about 300m walking distance).

Coordination: Cécile Tacier - info@themovingacademy.com

Questions: - Technical: Kristín Guttenberg kri.guttenberg@web.de

- Organizational: Cécile Tacier info@themovingacademy.com

Anmeldung: info@themovingacademy.com

July 22 - 25

"Field Meeting _ Improvisation and Real-Time Composition"

for interested people with previous experience, Grosser Garten

Gerswalde

25. Juli _ 17h

„Common Ground _ Dance meets Music“

Performance, Grosser Garten Gerswalde 3