

# Welcome



## Earth Body: Movement For All

G24120501

with Rulan Tangen

January 3-5, 2025

Greetings,

This is Rulan Tangen, Artistic Director of Dancing Earth, and I give you a heart-felt embrace for taking the time to be a part of EARTH BODY: Movement for All, a winter retreat that uses eco-somatic practices to revitalize your presence as rooted within a sense of place.

Its a beautifully peaceful time of year at Ghost Ranch to go into motion : slowly, gently,with intention, to renew and crystallize intuition and imagination through embodied practices. So thank you for choosing the wisdom of your body. I experience this as a weaving of the inner dreamscape to the outer landscape, through an awakened awareness of body through movement!

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 and documentary photos may be taken at certain moments.

### **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).

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Open mind, and open heart!

If you fall in love with eco-somatic movement, or want to prepare for January 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 with you, with the departure day of January 5 being my birthday, and I can't think of a better way to start the day than moving together and breathing dreams into life!

Much appreciation for being ready to be your fullest self!

With a dancing spirit,

Rulan  
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