

# Welcome



## EARTH BODY: Movement For All G25090313

with Rulan Tangen  
September 26-28, 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, an autumn retreat September 26-28, 2025 centering around eco-somatic practices to revitalize your presence as rooted within a sense of place. This session is very special, as it will be hosted at CASA DEL SOL, a really unique experience within a private, historical retreat spot 2 miles into the Painted Desert of Ghost Ranch with a private courtyard and rooms...

Just after the planetary moment of equinox balance, it is a beautiful time of year at Ghost Ranch to go into motion: 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 the body through movement!

You are warmly welcomed, and the learning 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 advanced movers, these practices are designed to revitalize you.

Please let me know of any injuries or other sensitivities before the retreat. 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). Essential oils may be used, documentary photos may be taken at certain moments.

I look forward to moving with you, just after the autumnal equinox and I

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I can't think of a better way to start the autumn than moving together!  
Much appreciation for being ready to be your fullest self!

With a dancing spirit,  
Rulan | [www.dancingearth.org](http://www.dancingearth.org)

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
- Some people have found it helpful to bring a reusable container to store food from meals as snacks
- Personal yoga mat and blanket
- Small personal towel if 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)
- Lightweight outdoor footwear (consider weather, terrain, and the ability for foot to be agile and mobile and 'feel' the ground)
- Check weather: umbrella, sunhat and sunscreen, bug spray, snow boots options as needed!
- Option Ghost Ranch is usually quiet at night, with magnificent starry skies but I often pack eye-mask and ear plugs for travel use as needed
- Option I often like to use a smartphone to document images I see, or use with earphones to hear music when I am outdoors, unless it is a silent practice
- Journal notebook and pen /pencil
- Your favorite quotes or book that inspires you
- Carried in your mind/heart: an ancestor, deity/goddess, hero/heroine or plant/flower/tree/animal/mountain architecture that guides and inspires you

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### Workshop Itinerary:

#### Friday evening

3:00 pm: Check in begins @ Ghost Ranch Welcome Center

4:00 pm - 5:15 pm: optional to join Rulan for mesa walk, meeting point  
TBD

5:30 pm - 6:30 pm: Dinner All meet up at dining hall to eat together

6:30 pm: Orientation in the Dining Hall; proceed to yurt or casa del sol  
TBD

7:00 pm to 8:00 pm: at yurt or casa TBD: Opening Circle, Creative Intro  
(presenting object of story, possibly tarot or essences), making of altar  
with stories item and Restful movement before bedtime, with journal  
prompts

#### Saturday

7:30 am - 8:30 am: Breakfast

9:00 am: meet at Dining Hall to walk to outdoor location for Morning Ritu-  
al of Breathing Life, Morning Movement Meditation, Intros and Intentions

9:30 am - 11:30 am: embodiment practices and multi sensory prompts for  
earthwalk, then walk to Labyrinth for Earthwalk and Gathering with Reci-  
procity

Noon - 1:00 pm: Lunch

1:00 pm - 2:00 pm: Siesta, personal time

2:00 pm - 4:15 pm: meet at the YURT for Movement: from release into  
revitalization with spiral of sensuous and movement relationship with the  
earth body. Option of mapping the earth body with drawing and writing

4:15 pm - 5:15 pm: Evening closing stretches, and poetic journaling  
prompts towards rest and dreaming

5:30 pm - 6:30 pm: Dinner

Optional nighttime, to be decided by group:

- Rhythmic dance
- Conversations together
- stargazing and poetic journaling together

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- Or, Rest and recovery time!

Sunday

7:30 am - 8:30 am: Breakfast

Pack up rooms to meet by 9 (check out time is 10:00 am)

9:00 am - 10:30 am: Morning ritual at Yurt or Casa Del Sol (TBD) - Movement closing circle reflections of what each received, with Dancing Earth feedback survey, and Invitations to upcoming events - live and online, and take apart the altar .

(Rulan remains on site 10:30 - Noon)

Depart, or stay for self directed campus hiking or gallery walk