Welcome

Land is Body: Held in Gravity

G26040402

with Brad Stoller
April 26-May 2, 2026

Dear Artists and Movers,

Welcome to Land is Body: Held in Gravity: a retreat for somatic research, creative exploration, embodied understanding and creative writing. Here, we approach movment and awareness through the lens of functional integration—recognizing the subtle, intelligent organization of the human body in relationship to gravity, environment, and one another. Our sessions draw from evolutionary principles of human behavior

Rather than separating mind from body, we see them as interwoven. The way you move, breathe, and sense yourself shapes how you think, feel, and interact with the world. This retreat is an invitation to refine your sensory attention and reawaken the innate intelligence of your system—through dance, quiet observation, interaction, and movement in nature.

You'll be guided to explore patterns of support, tension, adaptation, and choice with curiosity. Throughout the retreat, we will be engaging in:

- Movement and Dance: Expect guided improvisations, solo explorations, and group movement sessions that honor your pace and creativity.
- Self-Study: This is a chance to go inward, observe your thoughts and sensations, and explore the subtleties of your inner life. Journaling in the form of drawings, musical musing, and poetry will be encouraged.
- Interactive Experiences: Through carefully facilitated exercises, you'll explore relational dynamics, space, and non-verbal communication.
- Nature Sessions: We'll occasionally take our practice outside to ground ourselves in the natural world, listening with our feet and skin as much as our ears. Then writing creatively in relation to these experiences.
- Teasing out the poetry, short essays, and anatomically inspired metaphors that the 'land as body' provides.

Preparing for the Retreat

To help you prepare and arrive open and ready, we encourage some light study beforehand:

- Anatomy Basics: A foundational understanding of bones and muscles—especially those involved in movement—will support your experience.

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- We recommend focusing on the skeletal structure and the muscular connections, particularly in the spine, pelvis, and limbs.
- Facial and Vocal Anatomy: You might also spend time learning about the muscles of the face, tongue, and throat, as these areas are often overlooked but essential in expressive work.
- Mindful Attention: Awareness of your inner narrative and mental habits is key. Rather than setting them aside, you'll be invited to include your thoughts and emotions as part of the dance.

What to Bring

- Comfortable Clothing: Clothes that allow free movement are essential. Some sessions may involve floorwork, so consider bringing items that provide light padding for your knees (such as leg warmers or knee pads).
- Layers for Outdoors: We will be moving outside occasionally, so pack appropriate layers for changing weather conditions.
- Notebook or Journal: For reflections, sketches, or notes throughout your process.
- An Open Mind: This is a space for experimentation and curiosity. There is no right way to be here—only your way.

Typical schedule is as follows:
Sunday:

- 3:00 pm Check in begins
- 5:30-6:30 pm: Dinner followed by Welcome & Orientation
- 7:00-8:00 pm: Free time

Monday- Friday

- 7:30 am - 8:30 am Breakfast
- 9:00 am - Noon: Class Time
- 12:00-1:00 pm: Lunch
- 2:00-5:00 pm: Class time
- 5:30-6:30 pm: Dinner
- 7:00-8:30 pm: Free time (Open Studio option; instructor drops in), Facilitated nature experiences & other (optional) activities

Friday: Art Show at 6:30 pm (tentative)
Saturday 10:00 am Check Out