



## Earth Body "Reciprocity with the Living World"

G26080503

with Rulan Tangen

August 30-September 6, 2026

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 "Reciprocity with the Living World," a late summer retreat August 30 - Sept 6, 2026 (including arrival and departure dates) centering around eco-somatic practices to revitalize your presence as rooted within a sense of place. This session is very special, featuring "Reciprocity with the Living World" and embodiment of phrases as read from Robin Wall Kimmerer's 'Braiding Sweetgrass' - just before her honored appearance at Ghost Ranch. We will experience gentle movement as medicine, movement for all - hosted indoors and outdoors the Painted Desert of Ghost Ranch...

Not long before the planetary moment of equinox balance, it is a beautiful time of year at Ghost Ranch to go into motion: with intention to renew intuition and imagination through embodied practices. So thank you for choosing the wisdom of your body and the earth, with curiosity, compassion and courage !



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 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)

# GHOST RANCH



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
- Optional Personal yoga mat and blanket ( public use yoga mat and blanket provided)
- 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, bugspray, 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
- A special personal item for the collective altar/mandala ( to be returned at the end of workshop)
- Open mind, and open heart !

### Workshop Itinerary:

<p><b>Sunday Aug 30</b></p> <ul style="list-style-type: none"><li>● 3:00 pm: Check in begins at Welcome Center (Headquarters)</li><li>● 5:30 - 6:30 pm: Dinner</li><li>● 6:45 pm: Ghost Ranch Orientation</li></ul>	<p><b>Monday Aug 31</b></p> <p>7:30-8:30 am Breakfast</p> <ul style="list-style-type: none"><li>● (optional self directed morning walk before or after breakfast)</li><li>● 9:15 - 10:30 am: Opening Circle, Intro, making of collective Ofrenda and intentions/agreements</li><li>● 10:45-11:30 am: Introduce Morning Ritual, Breathing as Reciprocity, Intentions, Reading from Braiding Sweetgrass</li></ul> <p>12-1 pm Lunch</p> <ul style="list-style-type: none"><li>● 1-2 pm: Walk and/or siesta, self directed</li><li>● 2- 4 pm: Movement meditation, eco somatics (with breaks)</li><li>● 4:15-5 pm: Reflections, stretches, journaling prompts</li></ul> <p>530-630 pm Dinner</p> <ul style="list-style-type: none"><li>● Digest and rest!</li></ul>
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<p><b>Tuesday Sept 1</b></p> <ul style="list-style-type: none"> <li>• (optional self directed morning walk before or after breakfast)</li> </ul> <p>730-830 am Breakfast</p> <ul style="list-style-type: none"> <li>• 9:15-10 am: Opening circle: Morning Ritual, Breathing as Reciprocity, Intentions, Reading from Braiding Sweetgrass, Morning Movement Meditation</li> <li>• 10:15 - 11:45 am: Eco Somatic embodiment practices (undoing and remaking forms for renewal)</li> </ul> <p>12-1 pm Lunch</p> <ul style="list-style-type: none"> <li>• 1-2 pm: Walk and/or siesta, self directed</li> <li>• 2-4 pm: Multi sensory prompts for outdoor engagement with elements via silent labyrinth walk and water mandala</li> <li>• 4:15-5 pm: Reflections, stretches, journaling prompts</li> </ul> <p>5:30-6:30 pm Dinner</p> <ul style="list-style-type: none"> <li>• Digest, and rest!</li> </ul>	<p><b>Wednesday Sept 2</b></p> <ul style="list-style-type: none"> <li>• (optional self directed morning walk before or after breakfast)</li> </ul> <p>730-830 am Breakfast</p> <ul style="list-style-type: none"> <li>• 9:15 - 10:15 am: Opening circle: Morning Ritual, Breathing as Reciprocity, Intentions, Reading from Braiding Sweetgrass, Morning Movement Meditation</li> <li>• 10:30 - 11:45 am: Eco Somatic embodiment practices: rhythm and resilience</li> </ul> <p>12-1 pm Lunch</p> <ul style="list-style-type: none"> <li>• 1-2 pm: Walk and/or siesta, self directed</li> <li>• 2- 4 pm: Trans-species empathy through movement, and Outdoor exploration</li> <li>• 4:15- 5 pm: Reflections, stretches, journaling prompts</li> </ul> <p>5:30 - 6:30 pm Dinner</p> <ul style="list-style-type: none"> <li>• Digest and rest!</li> </ul>
<p><b>Thursday Sept 3</b></p> <p>7:30-8:30 am Breakfast</p> <ul style="list-style-type: none"> <li>• (optional self directed morning walk before or after breakfast)</li> <li>• 9:15 -10:15 am: Opening circle: Morning Ritual, Breathing as Reciprocity, Intentions, Reading from Braiding Sweetgrass, Morning Movement Meditation (spirals and sacred geometries)</li> <li>• 10 - 11:45 am: 'Offerings' for gathering with reciprocity, and land dance in arroyo area</li> </ul> <p>12-1 pm Lunch</p> <ul style="list-style-type: none"> <li>• 1-2 pm: Walk and/or siesta, self directed</li> <li>• 2- 4 pm: Drawing/Poems/Embodiment for relationship with more-than-human beings</li> <li>• 4:15 - 5 pm: Reflections, stretches, journaling prompts</li> </ul> <p>5:30 - 6:30 pm Dinner</p> <ul style="list-style-type: none"> <li>• Digest and rest!</li> </ul>	<p><b>Friday Sept 4</b></p> <p>7:30-8:30 am Breakfast</p> <ul style="list-style-type: none"> <li>• (optional self directed morning walk before or after breakfast)</li> <li>• 9:15 - 10:15 am: Opening circle: Morning Ritual, Breathing as Reciprocity, Intentions, Reading from Braiding Sweetgrass, Morning Movement Meditation</li> <li>• 10:30 - 11:45 am: Eco somatic, and rhythmic movements of elements</li> </ul> <p>12-1 pm Lunch</p> <ul style="list-style-type: none"> <li>• 1-2 pm: Walk and/or siesta, self directed</li> <li>• 2-4 pm: Eco somatic movement integration with poems, in reciprocity with Living World</li> <li>• 4:15 -5 pm: Stretches, journaling closing circle reflections</li> </ul> <p>5:30-6:30 pm Dinner</p> <ul style="list-style-type: none"> <li>• Digest, and rest!</li> </ul>
<p><b>Saturday Sept 5</b></p> <ul style="list-style-type: none"> <li>• Full day programming with author Robin Wall Kimmerer</li> </ul>	<p><b>Sunday Sept 6</b></p> <ul style="list-style-type: none"> <li>• Breakfast and Departure</li> </ul>