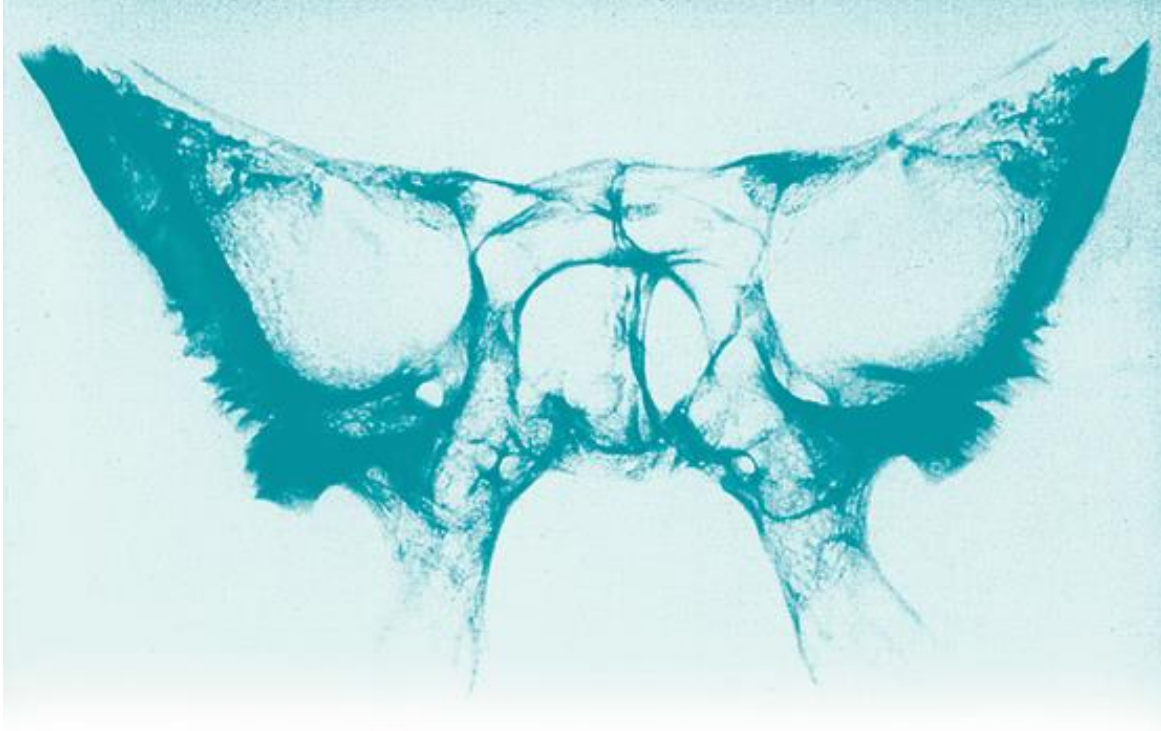


**3 Day Somatic Movement Workshop  
at UCLAN**

***Being in Time***



*'Of all the dangers we face the greatest is the deadening of our capacity to respond ... we are not substances that abide, we are patterns that perpetuate themselves; we are whirlpools in rivers of everflowing water.'* Joanna Macey

**29 June - 1st July 2018**

**Miranda Tufnell  
Blanche Mulholland and Evelyn Aston**

**University of Central Lancashire, PRESTON**

Open to those studying or experienced in somatic movement practice, are three days to resource and connect to the rhythms and forces that shape how we feel and are present in the world about us.

Blanche and Evelyn will facilitate a spacious first day of inquiry, inviting participants to land and arrive in the sensory-imaginal realm of body. Improvisational scores, which support self-practice, will explore the theme of pathways and transitions in embodied awareness, imagination, and creative expression.

Miranda's two days will offer time to listen and explore the nuance and anatomy of breath and of heart. Moment by moment breath shapes and stories our body - defining our limits and yet also opening the door to what is beyond and calling. We will spend time outside to follow the shifting rhythms and nuances of the living air - listening, moving, writing - to discover the landscapes of story, memory, dream and image layered within the body and that connect us more richly to the world about us.

PRICE: Plus booking fees;

3 days: Public £90; UCLan Graduates, Staff and Students £70

2 days: Public £70; UCLan Graduates, Staff and Students £50

1 day: Public £35; UCLan Graduates, Staff and Students £25

TIMES: Friday & Saturday 10.30-17.30pm, Sunday 10.30-17.00pm

BOOKING: <https://www.ticketsource.co.uk/candtevents>

FURTHER INFORMATION: [c&tevents@uclan.ac.uk](mailto:c&tevents@uclan.ac.uk)

Miranda Tufnell is a dance artist, writer and teacher in movement and imagination. Her work is concerned with the body, and our sensuous and imaginative connection to the world around us. With Chris Crickmay she has co-authored two handbooks on sourcing creative work entitled *Body Space Image* (1990) and *A Widening Field* (2004), as well as a film for the Open University on making dance for non-dancers. From 1990-2004 she worked part-time within the NHS for a GP surgery and set up a Breath of Fresh Air project for people living with chronic illness. Her latest book *When I Open My Eyes: dance health imagination* (2017) draws on this experience. Among many teaching roles, she has been Visiting Professor in Dance and Performance at Coventry University and guest tutor at UCLan.

Blanche Mulholland graduated from MA Dance & Somatic Wellbeing, at UCLan, and is a Somatic Movement Educator. She is based in Scotland and works at Lothlorien Therapeutic Community with people experiencing mental and emotional crises. She is a teacher trainer with Still Flowing Yoga and Mindfulness, and practices Butoh, Authentic Movement and Continuum. Blanche's interest in depth psychology and the role of imagination in health has led her to undertaking studies in Somatic Experiencing.

Evelyn Aston studied at Tamalpa Institute California, before graduating from UCLan's MA Dance & Somatic Wellbeing. She is a registered Somatic Movement Educator. Influenced by the Tamalpa Life/Art Pedagogy, she also has a long standing practice in the discipline of Authentic Movement, and Somatic Improvisation. Evelyn is based in Bristol and works with socially isolated groups and individuals and is developing a program for women refugees and undertaking research in this field.

**This event is supported by the Contemporary Arts Development Group (CADG).**