



SOUL MOTION™ WORKSHOP

"The Awakened Field"

Saturday, November 16, 2013

1pm - 6pm

Location: The 1909

1909 Topanga Canyon Blvd., Topanga, CA

Amidst the magnificent nature of Topanga, we will investigate and celebrate the wide open spectrum of embodied life. In this age of electronic data and communication, we can become lost in a sea of untethered energy. The invitation is to come back home to your body and breath, and experience the joy and connectivity of dancing and moving in an awakened field.

Soul Motion™ designed by Vinn Martí, is a conscious dance and movement practice. No prior dance experience is necessary. The dance evolves from within you, through deep listening to breath, to heartbeat, to the flow of energy that moves within, through, around and beyond our mental constructs and habitual borders. Tap into the vast reservoir of energy and intelligence available in the world. You are a fluid work of live art in the making, in a fluid world of myriad, creative expressions.....

The 1909 is a beautiful property surrounded by oak trees, right off of Topanga Canyon Blvd. We will be dancing in the gorgeous Hall with sprung wood floor.

<http://www.the1909.com/>

COST: \$75 (pay by November 1 for early bird price of \$65)



Email topazsea@mac.com or call Yukiko at 310 866 2476 for more info. and to register.