

DNE Fall Weekend -- Nov. 6, 7 & 8 -- Kingston NY
SATURDAY CLASS DESCRIPTIONS for DNE/Frolic wknd

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Session 1 - 10:30-12:15

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THAI YOGA MASSAGE (downstairs)

Thai Yoga massage creates ways for both individuals to feel stretched and relaxed as they give and receive massage. Stretching, rotating limbs, pushing and pulling can change emotional states by changing body postures. Muscle compression, joint mobilization are used during session.

BRING blankets and wear comfy clothes, there will be pillows on-site. Your choice of using a table or the floor.

Michael Hayes is Massage Therapist for 16 years, has studied in Thailand and practices in NYC

Website & Bio: http://www.michaelhayesmassage.com/prof_info.php

AUTHENTIC MOVEMENT (upstairs)

Authentic Movement is a simple form of moving and witnessing and the space between the two. We can go as deeply into ourselves as we are ready to go, with eyes closed the movers dive in and explore what it is that their bodies and psyches really need to do and to be seen doing it. Witnesses learn to hold a safe space for the movers and to observe their own responses to the movement in front of them. No experience necessary.

Wendy Weinrich has been leading authentic movement groups for over 20 years. She is a dance movement therapist and utilizes authentic movement as a source of personal, creative, and spiritual discovery. She has recently become very interested in authentic writing.

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Session 2- 2:00-3:45
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TANTRIC INTIMACY- A NEW MODEL OF RELATING (downstairs)

Do you crave more erotic fire and deep intimacy in your relationships?
Do you feel like more is possible, but aren't sure how to get there?
Do you struggle with balancing being in relation to others and being true to yourself?
Would you like to transform vulnerability into empowerment?
In this class we will deepen relationship to self, source and other through tantric energy practices, movement, transparent sharing and conscious touch.

Brynn Bishop is a Bodyworker, Tantric Educator and Intimacy Coach with over twenty years experience in the fields of Somatics, Spirituality and Consciousness Relating. Brynn assists women and men in increasing their capacity for Intimacy and Pleasure, and in accessing their full Aliveness and Passion!

Her training in Taoist and Hindu Tantric Practices, the Hakomi Method of Body-Oriented Psychotherapy, Mindfulness Practices, Chi Gong, Orgasmic Meditation, Massage Therapy, CranioSacral Therapy, SomatoEmotional Release, Authentic Movement and Expressive Arts Therapy provides a uniquely integrative perspective and skill set she brings to her classes and private sessions.

CONTACT IMPROVISATION- OPEN LEVEL (upstairs)

Coming from many years of contact improvisation study, I like to volley back and forth between basic principles and structured explorations. I, ll give folks some clear points of departure to begin with some contact basics, and then I, ll guide our practice to encounter different bodies and different levels of experience; clear skills and strategies for connection, efficiency, and release will become a springboard to stimulate indulgences, risks, and grrrrrrrrrrrrrrrr/mmmmmmm/aaaaaaaaaah.

Amii LeGendre has been dancing and teaching in the Hudson Valley for 4 years before that in Seattle and on the West Coast for 15 years.

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Session 3- 4:00-5:45

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HOLISTIC EYE CARE (downstairs)

The eyes are the windows to the soul. This eye-opening workshop offers a holistic approach to eye care for those who want to improve and preserve their eyesight and become less dependent on glasses or contacts.

Optometrist, acupuncturist, and author Marc Grossman integrates the practical and spiritual aspects of vision into a unique eye-care philosophy. You will learn yogic, Chinese, and Bates Method exercises, as well as acupressure techniques to prevent, stabilize, or reverse eye disease. This weekend, you will:

- Learn nutritional and herbal eye-care remedies
- Uncover the deeper meaning of vision
- Discover how inner vision affects outer vision
- Explore underlying physical and psychological causes of vision problems.

Marc Grossman, a developmental behavioral optometrist for 30 years, is also a licensed acupuncturist. He founded the Rye Learning Center in 1980 and more recently cofounded Integral Health Associates in New Paltz, New York. Coauthor of *Greater Vision: A Comprehensive Program for Physical, Emotional, and Spiritual Clarity* and several other titles, he has consulted for school systems, rehabilitation centers, and the United States Military Academy at West Point. He lectures and teaches workshops nationally on his integrated approach to vision and its influence on the body, mind, and spirit of each person. www.naturaleyecare.com

SALSA RUEDA (upstairs)

What is Salsa Rueda?

Also known as casino rueda, or salsa de casino, salsa rueda developed in Havana, Cuba in the late 1950's and early '60's and has since spread to the U.S. and around the world. Think "salsa meets contra dancing," only in a circle (rueda means "wheel" in Spanish). Dancers are led by a caller and perform various moves that often involve switching partners. These can range from a simple switch ("dame," pronounced "dah'-may") to long, elaborate sequences. The basic moves are easy to learn, and a group can

become a functioning rueda in a fairly short period of time. When a group really "clicks" together, salsa rueda is not only incredibly fun to do but also a joy to watch!

Liz Godwin

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CONCERT - Sat 8:00-9:00 (DJed Dance to Follow)
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Evening Warm-up Jam with John Sprague:

Musician and facilitator John Sprague offers an hour of improvisational music magic, supporting dancers in their movement journeys, and evoking a spirit of communal creation leading into the evening Frolic.

John Sprague is an improvisational musician and creativity facilitator who works extensively with dance. He works for the Five College Dance Dept., Amherst MA, performs in wide variety of improvisational settings, and has taught at Dance New England summer camp for 20 years. He also works with individuals and groups to support their creative process, and is a Buddhist practitioner and spiritual counselor. John has an M.A. in creativity and comparative religion, and has released five albums of original music.