

# EASTER IMMERSION

“creating a sacred space  
where there can be flow”

**Monday 2nd and Friday 13th April 2018  
the Summerhouse, Cholwell near Dartington.**

Be a part of this immersive  
fortnight of shared discovery.

Artist + teacher Sarah Gray is leading a two-week residential project at the School of Experiential Learning. Through yoga, mediation, movement, sounding and mark making we will uncover impulses and desires to voice into space, dance on the earth, move in contact with other bodies and mark on paper.

Bring an openness + curiosity with you.

**Daily public classes:**  
Mondays - Fridays (inclusive):

**1-2:30pm**

All welcome including beginners  
£10, or £35 for five classes

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**Body-Mind Centering  
Study Groups:**

Tuesday 3rd + Thursday 5th:

**3-5pm**

for experienced somatic movers, dancers  
& bodyworks only please  
£10, or £15 for two sessions

Sarah Gray works in Dartington, Totnes in Devon (UK). Her teaching practice marries yoga with somatics. Sarah brings with her to the work her ongoing training in Body-Mind Centering® (BMC) with Hatha Yoga inspired by the late Italian teacher Vanda Scaravelli. Her personal mantra is to ‘create a sacred space where there can be flow,’ whether it be a class, seminar or workshop intensive her intention is to manifest these shared experiences with care and compassion to offer conscious gatherings for tuning in to earth, soma and soul.”



Any level of movement ability is welcome to public classes, no previous yoga experience necessary. The BMC Study Groups will centre on Senses & Perception enquiries and is open to those with experience of somatics or experiential anatomy.

To enquire and book please contact Sarah Gray on Facebook or call 07971388725 or email [onthebuttonproduction@gmail.com](mailto:onthebuttonproduction@gmail.com) or [www.soundsitesomatics.com](http://www.soundsitesomatics.com)

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## Monday 2nd - Friday 13th April

Sarah Gray, BA Hons, BMCA, is in residence at the School of Experiential Learning to further research and develop her Body-Mind Centering® (BMC) teaching practice & solo performance practice. Sarah's work is underpinned by a somatics approach to living and working.

You are invited to join Sarah Gray to experience the work by attending:

- a daily public class (Monday - Friday\*, inclusive, 1-2:30pm \*except Friday 6th)
- BMC study groups (Tuesday 3rd + Thursday 5th April, 3-5pm)

### Public Classes at a glance

Sarah invites you, the participant, to follow your intuition - to rest, move, draw, and write. We will be balancing and calming the nervous system through meditation, yoga, authentic movement, automatic writing and mark making. Fee: £10, or £35 for five classes.

### BMC Study Groups at a glance

We will explore somatic movement enquiries from Body-Mind Centering spending time with our senses and perception. This is informed by Sarah's ongoing BMC training. The activity will focus on the themes of skin, surfaces and sound as touch. Fee: £10, or £15 for both.

**Free performance sharing with facilitated open feedback session  
on Thursday 12th April, 3-5pm, invite-only.**

### Week 1 - Monday 2nd - Sunday 8th April

FOCUS: Practicing & Integrating

Monday 2nd	Public Class, 1-2:30pm
Tuesday 3rd	Public Class, 1-2:30pm BMC Study Group, 3-5pm
Wed 4th	Public Class, 1-2:30pm
Thursday 5th	Public Class, 1-2:30pm BMC Study Group, 3-5pm
Friday 6th	NO PUBLIC CLASS

### Week 2 - Monday 9th - Sunday 15th April

FOCUS: Sharing & Reflection

Monday 9th	Public Class, 1-2:30pm
Tuesday 10th	Public Class, 1-2:30pm
Wed 11th	Public Class, 1-2:30pm
Thursday 12th	Public Class, 1-2:30pm Performance sharing, 3-5pm
Friday 13th	Pot luck lunch, 12-1pm Final Class, 1-2:30pm

To enquire & book:

**Email:** [onthebuttonproduction@gmail.com](mailto:onthebuttonproduction@gmail.com)

**Tel & Whatsapp:** +44 (0)7971 388 725

**Website:** [soundsitesomatics.com](http://soundsitesomatics.com)  
[tzaragray.com](http://tzaragray.com)

**Facebook:** [facebook.com/soundsitesomatics](https://facebook.com/soundsitesomatics)

**Instagram:** [instagram.com/soundsitesomatics](https://instagram.com/soundsitesomatics)

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