

the JOY OF MOVEMENT being in the body

A delightful day-long workshop/retreat dedicated to re-discovering the natural grace of the body, along with an authentic, creative, and friendly relationship between mind and body

Saturday, June 30, 9:30 am-4:30 pm

EXPERIENCE THE VITALITY, CREATIVITY, and delight available when body, mind, and spirit move together in harmony. In this one-day retreat, we will learn stretching, breathing, relaxation, and meditation techniques from yoga, which can help us manage stress and support mindfulness in our daily lives. We will further sample games from theater and dance that encourage spontaneity, awaken the senses, and stir the creative imagination. Students will enjoy guided movement improvisations accompanied by energizing, inspiring music.

Influential writings on the nature of the body-mind-spirit connection—from authors such as Eckhart Tolle (*The Power of Now*); Jon Kabat-Zinn (*Coming to Our Senses*); and the poet Rumi—will help illuminate our movement experience in class.

Students can move comfortably at their own pace. No previous experience is necessary. This joyful retreat is appropriate for anyone wishing to reduce stress, find new resources for creativity,

rediscover the joy of movement, and “dance as if no one’s watching.”

Instructor: Keith Urban

Keith Urban, a celebrated modern dancer, choreographer, and teacher, was a founding member of Toronto Dance Theatre, and Chair of the Dance Department at York University in Toronto. His own award-winning dance company, Urban and Formolo Dance, was the first Canadian-based troupe to teach and perform in the People’s Republic of China.

For more than thirty years he has been studying with preeminent teachers including Swami Satchidananda (Integral Yoga), Pir -Vilayat Khan (The Sufi Order of the West), and Jon Kabat-Zinn (Mindfulness-Based Stress Reduction).

Since moving from New York to the Bay area in 2000, Keith has been teaching in the Stanford Dance Division, at Foothill College, and the Osher Lifelong Learning Institute.



Information/Registration

Course location: Stanford Campus. **Tuition:** \$105 + \$15 materials fee.

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