

Professional Development - Cross Art Series

Keep an eye on the site for future activities in this series. Here are details of our recent work:

2nd to 4th April

Ursula Mawson-Raffalt will explore the use of the focus-point technique to fill and empty space, shape and form and discover the essence of numbers, breath and sound, all the while directing participants' perceptions to an awareness of the subtle qualities of being, silence and expression.

24th and 25th March;

April 28th and 29th

Kalichi will lead a workshop based on the philosophy and practice of Liberation Dance - in which dance is a path to awareness and a way of knowing. This weekend will enable participants to explore the synergy of movement, meditation, wildness and dance-making.