

Stillness in Movement

A workshop of Gurdjieff dances

with Shruti

An exploration of how movement can create stillness inside. These dances and exercises help bring awareness to the automation of our lives.

Using movement, dance, meditation and silent sitting, we will discover how easy it is to go into a still space if only we allow ourselves to. A powerful way of living in the present moment.

Situated on Exmoor, Croydon Hall offers the perfect environment for deepening inner work.



25 – 27 September 2009

All-inclusive price: from £199



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