

# Moving Body

fountain of creativity

with

Elaine Colandrea, Jean-Claude van Itallie, and  
Megan Bathory-Peeler

October 7 - 9, 2016



An inspirational retreat with master teachers—a personal time on Shantigar's glorious remote New England mountainside to devote yourself to creating art directly from your moving body.

Using Continuum Movement—sound, breath, movement, and silence—in this highly original, unique workshop we'll dive into fluid body intelligence to free creativity.

Each day we'll have:

- sessions of Continuum Movement with an experienced Continuum teacher.
- exploration with a skilled artist, channeling the moving body into various forms of creative expression.
- time to metabolize, meditate, and muse in pristine woods and fields.

Workshop starts promptly at 3:00 PM on Friday, October 7,  
ends at 1:00 PM on Sunday October 9.

\$413 with organic meals, \$386 if you register before September 27.  
Some onsite lodging available, and free tenting.

Register at: [www.shantigar.org](http://www.shantigar.org) or [email@shantigar.org](mailto:email@shantigar.org)

**Elaine Colandrea** might have been a temple dancer in another lifetime, but in this world, she is an authorized Continuum Movement teacher, massage therapist, dancer/choreographer and originator of Moving for Health and Dancing for Health classes. Based in the Hudson Valley of New York, Elaine maintains an active private practice and teaching schedule. Her studio is a haven for fellow somatic explorers. She also offers Continuum Movement and Traveling for Health retreats in southern Italy. Reviewer Linda Diamond wrote, "Elaine is a wizard of new dance forms."



**Jean-Claude van Itallie**, Shantigar's founder/artistic director, seminal in the explosive 1960's American theater, wrote, among many works, acclaimed anti-Viet Nam war play *America Hurrah*; *The Serpent* (with the Open Theater); *Tibetan Book of the Dead or How Not to Do It Again*; translations of Chekhov's major plays; *Light*; and his 2012 one-man show, *Confessions and Conversation*. Author of *Playwright's Workbook*, Jean-Claude teaches in US colleges, acting schools, and retreat centers. His new book: *Tea with Demons, games of transformation*. [www.vanitallie.com](http://www.vanitallie.com).



Growing up in rural Western Massachusetts, **Megan Bathory-Peeler** first discovered the pleasure and power of expressive movement by relating to the natural world. She received her AB from Smith College in dance and "Body-Based Systems of Communication," and taught dance at the Northfield Mount Hermon School. Megan is founder/choreographer of the MoxieDance Group, and an Integrative Somatic Therapist, Bodyworker, and Continuum teacher, helping people discover what is stuck physically, emotionally or spiritually, and supporting them as they get it moving again. Megan lives with her husband and two children in Gill, Massachusetts.



**Elisabeth Osgood - Campbell** will be assisting at this workshop.

Shantigar Foundation, 63 Davenport Road, Rowe, MA 01367, 413-339-4332