

penpynfarch



Pen Pynfarch is a centre for retreats, rehearsals and workshops in a secluded wooded valley with stream & lake, 30 mins from the sea, in South West Wales. The Movement studio has semi-sprung birch floor, underfloor heating & natural light. Pen Pynfarch is a 40 acre smallholding working towards sustainability.

Food & Accommodation

Workshop prices are for full board unless otherwise stated. All catering at Pen Pynfarch is vegetarian. Ingredients are mostly organic or from our vegetable garden. Accommodation for workshops is in shared rooms in the farmhouse.

Further Information & Booking

You can find further information and other events on

www.penpynfarch.co.uk

To book a place please ring us on **01559 384 948** or email enquiries@penpynfarch.co.uk

Rehearsals, Retreats and Holidays



THE COTTAGE and STUDIO FLAT at Pen Pynfarch

The Cottage is for rent, all year round on a self-catering basis. It sleeps up to 4/6, or 8/9, in its extended version. From £300/week.

The Studio Flat, facing the valley, is ideal for someone who wants time out from their day to day schedule whether to give a focussed time to work or simply some retreat time. We welcome people who want to stay a bit longer than a typical holiday let (though shorter stays are also fine). From £100/week.



"Thank you for being here and for making it possible for like minded souls to enjoy this lovely place." Gale

"This is such a beautiful place to reconnect with nature."
Barbara.

"Thank you for creating the absolute ideal place to work creatively, a meeting point for mind, body and nature."
Wendy



"A sanctuary." Tony



"Pen Pynfarch is a tender place, ...quiet enough for creativity to flourish and in which the movements within the body find reflection in the natural world." Caryn McHose.

Contact **Eeva-Maria** or **Andy**
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*Body,
Movement
Environment*

*Workshops
& Events 2010*

penpynfarch

March 29th – April 2nd

Being In Time - Movement Retreat with Miranda Tufnell

We are as bees/ And our body is a honeycomb/ We make the body/ Cell by cell/ We make it. RUMI

This retreat will explore the ways we experience and inhabit time and our changing sense of rhythm and of pace, of 'being in time'. The valley road ends at Penpynfarch and offers an opportunity to slow down, loosen the gravity pull of our familiar lives and take time to widen the field of our attention.

We will explore the rhythm and movements of our embryological forming, of breath, of fluid, heart and bone. In listening in to the movements of the body's silent voice we wake up into the richness of our connection to what is around us - to the textures, qualities of land, of light and dark, to weather and seasons. We will spend time working both inside and out, exploring through our senses -through touch, scent, movement, and sound.

MOVING WRITING MAKING

Price: £385 Independent, £500 Funded.

May 7th – 9th

Moving and Learning Resources

Experiencing Embodiment.

A weekend of movement and exploration, including an evening seminar,

with Kerstin Wellhöfer and Maggie Fearn

How do we bring our intuitive understanding of the importance of multi-modal development into our work as non-directive play practitioners? How do we find playful ways to acknowledge our own life experiences and unconscious agendas, in order to better support the children and young people we work with? This weekend is open to all who are interested in movement, developmental theories, play and creative interaction.

Price: £200, £150 Non-residential.

May 20th - 24th

MoverWitness exchange (Authentic Movement)

with Dr Eila Goldhahn and Marcia Plevin

The MoverWitness exchange (as a development of the principles and practices of Authentic Movement) offers transdisciplinary skills, such as empathetic observation, reflective speaking and collective participation. The emphasis is on developing and looking at applications of these skills for participants' own working or personal contexts. These may be creative, research, leadership oriented, pedagogical or pastoral in nature. There will be time and opportunity for individual advice and coaching.

TO BOOK for this contact Eila, info@eila-goldhahn.de

Body and Earth Workshops 2010

with Andrea Olsen and Caryn McHose

June 8th - 11th 3 Day Intensive

For those who have attended the Training in the past. An opportunity to refresh and deepen your practice of the Body and Earth work. Dialogue about teaching techniques and practices are included in each session.

Price (self-catering): £330 Independent, £400 Funded, £285 Camping. £270 Non-residential.

June 14th - 19th 6 Day Training

A week-long journey in Body and Earth principles and practices: Beginning with arriving on the magical land of Pen Pynfarch and orienting through perceptual practices, we introduce a sequence of explorations to deepen inhabitation of self and place and refresh creative energies. Morning sessions include experiential anatomy and evolutionary movement with Caryn, afternoons focus on the discipline of authentic movement and excursions on the land with Andrea. Throughout, rest and nourishing meals open flow and enhance creative embodiment. One day will be spent moving with the rocks, ocean, and animals of Marloes Beach.

Price: £620 Independent, £750 Funded, £545 Camping, £485 Non-residential.

July 4th - 7th

Sensory Awareness – Moving with the Living Earth with Stefan Laeng-Gilliatt

Every movement brings us in touch with gravity, this force that reminds us of the presence and strength of the earth. We might call gravity earth's invitation to arrive, to be part of a living world in which every gesture has the potential to connect us. Often seen as a force to fight, the earth's pull on us could be a powerful ally in all situations of life, giving us orientation and stability. Sensory Awareness is a process of inquiry through simple explorations of everyday movements, playful experiments, quiet presence and lively interactions.

Price (self-catering): £330 Independent, £400 Funded.

July 20th - 23rd

Writing and Improvisation Workshop with Andrew Morrish and Crosby McCloy

This workshop will explore ways in which the practices of Writing and Performance Improvisation can inform each other. We will investigate how one might emerge from the other and how one might have a developmental impact on the other as well as exploring each as an autonomous form. We will look at methods of working with, and shifting between breath, movement, voice, verbal text and written text. In addition we will explore processes of generation, presentation and refinement to uncover aspects of "aliveness" in writing and improvisation.

Price: £365 Independent, £450 Funded, £320 Camping with full board.

September 1st - 4th

Moving. Medicine from within.

Continuum workshop with Jane Okondo

In this moving retreat we will awaken our experience of fluidity and movement within and around us. Through exploring the different fluid systems within our body, we can access a deeper experience of ourselves as movers.

We will move from a more outward focus and enter into the soft ripples of movement within our tissue, through the practice of Continuum breath and fluid movement.

TO BOOK for this contact Jane, jane@lovesbody.co.uk