



# MOVEMENT



**Psychocalisthenics: Tony Martin** Psychocalisthenics is a series of 23 movements that combine yoga like stretches with deep breathing. The movements are designed to integrate mind, body and spirit and produce a vital flash of energy.

All ages and levels of fitness welcome. **Mon–Wed 7–7:45 am, Thu–Fri 7–7:30 am in Haines: Basement Lounge**

**Dancing with our spirits: Zoe Edmiston and KT Glusac** Using intuitive, improvised movement as worship, we will enjoy a chance to release, replenish and restore our mindbodyspirits as we explore how dance can be a form of radical resistance to hierarchical, oppressive powers. Bring water and a notebook. All welcome.

**Tuesday, 4:30–5:30 pm Bucksbaum: 181**

**A Yoga Break: Sandra Helpsmeet** Take a rest and integration break by accessing yoga’s gifts of mindful movement, embodiment, and access to breath. We will use accessible movement, attention to breath, meditation, mudra, mantra and deep relaxation. Bring a mat and blanket if possible. **Tuesday & Thursday 3:15–4:15 pm Bucksbaum: 181**

**Easy Group Labyrinth Walk: Ruth Moeller** For centuries, labyrinths have provided spaces for meaningful spiritual experiences. Rich with metaphor, they offer an opportunity to explore deep questions and reflect on our own condition. We will invite Friends to carry the theme of this year's Gathering with them as they journey in to the heart of the labyrinth and back out to the world.

**Tuesday and Thursday, 4:30–5:30 pm South Campus Lawn**

**Yoga Nidra: Sandra Helpsmeet** A short period of very slow and simple movement followed by yoga nidra, a non-dualistic deep relaxation/meditation. Bring whatever will allow you to be warm and comfortable lying on the floor. **Wednesday, 3:15–4:15 pm Bucksbaum: 181**

**Movement for those socialized masculine: Dunan Herman-Parks** From basic guided movement, to exploring areas of the body

that are more taboo in a public gendered sphere, we can have a moment of embodied community together.

**Thursday 1:30–3 pm Bucksbaum: 181**

**Campus Tree Walk: Bruce Birchard** We’ll have a leisurely walk around campus, paying particular attention to the trees, talking about special “features” of different trees, and identifying species as often as possible.

Open to all. **Thursday 3:15–4:15 pm JRC Lobby**