



# Tail of the Tiger



EXITS AND ENTRANCES:

## Explorations in Presence Through Meditation and Movement Improvisation Practice



*September 4 – 7, 2009, with Vicki Tansey*

How often we 'get it' intellectually/conceptually – yet how rarely do we live and experience that understanding in our everyday lives. Part of this disconnect is due to the fact that we are not 'in' our bodies – and rarely do we recognize or attend to its intrinsic intelligence. Both on and off the cushion, body and mind are inseparable. Being lost or absent from either shuts us off from wholeness and a fuller realization of our creative potential.

### OPEN TO ALL!

Through daily sessions of meditation, body movement and voice improvisation exercises designed to integrate the body, breath and mind, participants will learn how to connect/reconnect with their bodies – deepening awareness, cutting through habitual patterns, and dissolving barriers that keep us feeling both fatigued and fragmented.

One of Canada's leading pioneers in the art of improvisation, Vicki Tansey, dancer, singer and visual artist, has been performing and teaching for over 40 years. Trained in both classical and contemporary dance, she is an accredited Tai Chi teacher, longtime Buddhist practitioner and student of Chögyam Trungpa, and has been on the faculties of the National Theatre School of Canada, the Visual Arts and Saidye Bronfman Schools of Fine Arts, and the Dance, Theatre and Fine Arts departments of Concordia University, Montreal. She is the subject of an in-progress documentary film by Quebec artist Louise Abbot: *In the Moment*, and is creator and director of the on-going multi-disciplinary performance work, *The Physical Choir Theatre Project*.

Program Fee: \$ 375 (includes meals, accommodations extra) Registration limited so register early.  
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Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit

[http://www.tailofthetiger.org/exitsentrances\\_0909.html](http://www.tailofthetiger.org/exitsentrances_0909.html)

For more information about Tail of the Tiger, visit: [www.tailofthetiger.org](http://www.tailofthetiger.org)