



Tail of the Tiger



“Vicki offers a unique and profound teaching. We are relearning our bodies, what they actually have to say.”

EXPLORATIONS IN PRESENCE AND
IMPROVISATION WITH MEDITATION, MOVEMENT AND SOUND

Exits & Entrances

“This workshop expanded my palette of expression and awareness, and is still impacting my life.”

September 3 – 6, 2010, with Vicki Tansey

Presence is being grounded and awake in both body and mind. It is central not only to meditation and improvisation, but to the vitality and richness with which we experience life and connect with others. How often we ‘get it’ conceptually – yet how rarely do we know how to embody the mind – to inhabit and express through the physical body.

A pioneer 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 meditation practitioner, and has been on the faculties of the National Theatre School of Canada, the Visual Arts Centre, the Saidye Bronfman School of Fine Arts, and the Dance, Theatre and Fine Arts Departments of Concordia University in Montreal. She is the subject of an in-progress documentary film by Quebec artist Louise Abbot: ‘Vicki Tansey: In the Moment’, and she is creator and director of the on-going multi-disciplinary performance work, ‘The Physical Choir Theatre Project’.

Skills learned in this retreat have benefited persons in a variety of fields, including medicine, law, healing and performance arts, poetry, and education. The retreat is open to all—professionals and beginners.

Through daily sessions of meditation practice and exercises in movement and sound, participants will learn how to integrate body, mind, and breath. Thus participants deepen awareness, sharpen intuition, cut through habitual patterns, and dissolve conceptual and emotional barriers that inhibit and fragment us. In an atmosphere of joy and fearlessness they will strengthen confidence and discover new ways to energize and expand their ability to sense, respond, and connect.

Program Fee: \$ 375 (includes meals, accommodations extra) Registration limited so please register early.

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit http://www.tailofthetiger.org/exitsentrances_0910.php

For more information about Tail of the Tiger, visit: www.tailofthetiger.org



Photo by Sol Lang. Inset photo by David Weigans