

# ***Wu Tao Dance & expressive play - Spring Retreat at Heartswood.***

Immerse yourself in the beautiful Wu Tao dances, indulge your creative self, delight in glorious natural surroundings, enjoy quiet time alone and time in special company.

Guided by experienced Wu Tao teacher, Rick Harrison, you will learn (or deepen your experience of) the Wu Tao Dances. These simple but profound dances stimulate energy flow and healing through the body's main energy channels (meridians) and also promote deep peace, balance, grace and flow.

To complement the dancing, Karen Sullivan Harrison, Holistic Counsellor and Expressive Therapist, will lead opportunities for art and expressive play.

The weekend will be a blend of dance, art, meditation, sharing and quiet time in nature. Rick and Karen's deep connection to life, land, and spirit will help ensure the retreat is an experience of physical, emotional and spiritual renewal. You will leave on Sunday afternoon refreshed, inspired, and dancing for joy.

This special event is suitable for everyone 16 and over. A maximum of 6 participants will be on the retreat.

\* For more information about Wu Tao, see [www.wutaodance.com](http://www.wutaodance.com)

**When:** October 21 –23 2011 (Friday evening to Sunday afternoon)

**Where:** 'Heartswood', a delightful home and property in the beautiful Strathbogie Ranges, 2 ½ hours from Melbourne

**Cost:** \$125 Bring food for the communal pantry – we'll cook and eat together.

**What's included:** Wu Tao Dance teaching and process facilitation, some art materials, comfortable accommodation in the house (beds or mattresses on the floor – BYO pillow, bedding and towel), 60 acres of magic land to wander in.

To book your place, or for more information, please contact Rick or Karen on 5790 8638 or 0419138427.

Or email us on [sullivanharrison@bbwmail.com.au](mailto:sullivanharrison@bbwmail.com.au)

**This is an Earthsoulscience event**

You are invited to visit our new website at: [www.earthsoulscience.com](http://www.earthsoulscience.com).

**Heartswood Journeys**  
*Whispering trails,  
Inviting you home ...*