

## **True Nature: An Experiential Exploration of the Boundary Where Spirit and Matter Meet** - *Jessica Zeller*

Learning to be in nature without conceptual barriers of self and other, inner and outer, we can come to rest in our True Nature as unconditioned awareness. We fully enter this moment, totally present in this home of our soul, Earth. Natural meditation will be our base camp. Unconditioned awareness is the balm that allows for our healing and transformation. The body is Earth's local representative. As we learn to track the flow of energy between the inner and the outer worlds, we open the membrane of perceived bodily boundaries and learn to cross the bridge between the seen and the unseen. We then become the bridge then become nothing other than what is, allowing the world of living form to be in the presence of pure awareness. In this workshop, participants will experience a shift in how they view the natural world. Through Natural Awareness Meditation, people learn to be more present with their environment. Using our body as our laboratory, we can track the flow of sensory input co arising in each moment. By attuning ourselves to interior subtle states of awareness, we can practice looking in to the mirror of our environment and then practice the inquiry of "who is looking"? As the physical environment and psychic structures mirror each other, we can reconsider the habitually assumed duality of person and place, reconciling the perceived duality of form and emptiness as body, nature, earth, and self melt in to the presence of awareness in this moment. We ourselves embody the truth of the unity and interconnectedness of all.

## **Moving Beyond Polarity through Body Experience** - *Rita Venturini, Peggy Hackney*

Human minds naturally polarize as part of the creative process. We propose an experience that initially grounds a polarity in the body through movement, and then guides us to transcend it finding the space where the whole becomes a possibility. We will be using the methodology of Laban Movement Analysis and Creative Systems Theory to identify the polarities, analyzing the movement qualities associated with each behavior and encouraging a thorough exploration of its expression, associated meaning making and actual impact. The process will proceed along the following steps: • Identify the polar sides of an issue you are facing. • Amplify both sides of the polarity--go to the extreme of each pole. • Record the benefits and losses from each side. • Become large enough to embrace the whole. • Ask the larger question. The participants will be challenged to find a perspective that is not the middle of the road, but is the WHOLE ROAD. Through this fully embodied experience we can gain the wisdom to become present to non dual awareness especially in situations that we find particularly challenging. And we also learn to ask a question large enough that it will include both poles. As we move beyond polarity, a unique wholeness, our authentic self, begins to emerge.

## **AcroYoga** - *Tyler Ryan Blank, Donna Carroll*

Through the practice of AcroYoga, individuals come together for the support of their unique selves within the greater community. Utilizing partner yoga, thai massage, and acrobatics; we gather our strength, release into flexibility, focus on balance, cultivate compassion, heal with one another, and play joyfully. AcroYoga blends the spiritual wisdom of yoga, the loving kindness of Thai massage, and the dynamic power of Acrobatics. These three ancient lineages form the foundation of a unique practice that cultivates trust, connection and playfulness. Our highest aim is to bring individuals into a state of union with themselves, with each other, and with the divine. From this place of mutual support the true self can be realized, honored and shared for the benefit of all. Available to people of all abilities, Donna

Carroll and Tyler Blank will be your guides through these simple movements and partner asanas (poses). Donna and Tyler will be offering a demonstration of what is possible through the practice of AcroYoga, by “flying” with one another, as well as offering the gift of flight to those in the conference willing to participate (trust)! Gentler aspects of partner yoga will also be shared so that you may experience some simple and powerful ways to release stress & holding in the body, while gathering and increasing strength, and the power of available to you. Find out how the “Other” can be a playful mirror, enlightening aspects of yourself you have forgotten about, or had not realized before. By and by, the Two individuals become One team, working in harmony, as one organism with many limbs.

**Authentic Movement: Embodying the roles of Mover and Witness allows for the possibility of non-dual experience** - *William McCully, Rita Venturini*

The discipline of Authentic Movement introduced by Mary Starks Whitehouse and Janet Adler, creates the opportunity to experience non-duality at different levels. The form creates a basic duality, mover and witness, that offers different options to access moments of non-duality. The mover allows him/herself to bring inner impulse into form as movement or dance usually with eyes closed. The witness intends to empty him/herself of her own content to be present with the mover. From this perspective a dual aspect that can be transcended is the one of separation between oneself and others. Fully being with the mover clarifies the personal boundaries thus allowing the witness to recognize the “false”, projected or self imposed nature of the separation. This gives the witness access to the experience of being one with the mover's experience and they may have an intuition of the others inner landscape. The mover is encouraged to listen to their inner impulses and move. The consciousness of the witness allows the mover to deepen their ability to surrender to the point of just becoming a full expression of movement, without the conscious presence of being the one moving or doing. In the duality of the form, the self-expression of non-dual consciousness becomes possible. In the brief experience we are offering, we will all have the possibility to touch on some of these moments in which separation becomes unity. In this experiential, you will have the opportunity to see a group of experienced practitioners do a demonstration and then have a chance to participate yourself. Come ready to move- everyone welcome.

**Laurel Murphy and Ryan Slemko  
(The Non-Duality Duo)**

Sonic sand castles rise and fall throughout the evening as Laurel and Ryan draw upon the day's events for their musical inspiration. Using voices as their only instruments, they compose spontaneously, looping and layering sounds to create earthy grooves, soulful rants and trance-like moods, diving into the unknown of each new moment.

Laurel Murphy is a singer, improviser and teacher from Vancouver, Canada. She has recorded and performed with Rhiannon (of Bobby McFerrin's "Voicestra") and was featured in the documentary film "SING!" in 2000. Her love of the unexpected has led to collaborations with singers, dancers, poets, and improvised composition with groups of up to 1400. Laurel is passionate about improvisation as a vehicle for self-expression and awareness. She is also very interested in the connection between sound and healing, and has spent the past five years creating soundscapes for cancer patients.

[www.laurelmurphy.com](http://www.laurelmurphy.com)

Ryan Slemko is also from Vancouver. His jazz-infused electronica band, "Fidgital" frequently charted in Canada, and their last chill-out album "Departure" peaked at #18 on the US electronica charts. Vocal experimentation and in-the-moment song writing are now his focus. [www.fidgital.com](http://www.fidgital.com)