



## **FIELDS OF BELONGING**

### **Outdoor Workshop with Bettina Neuhaus**

**Saturday, June 26, 10h00 - 12h30, Amsterdam**

This workshop will offer simple movement activities combined with awareness of our breathing, to open our senses, reconnect with our body, and experience the natural environment from a felt place.

Moving over vast open grassland, over a rock or between groups of trees refreshes our physicality and stimulates awareness, imagination and intuition. We expand body and mind, find permeability in our presence and actions and become receptive to the rich field of entangled connections we are part of. With a felt sense of belonging we can engage in our connectedness with the surrounding and others at any distance - propelled by curiosity, playfulness and a fluid attention.

**Schedule:** Saturday, June 26, 10h00 - 12h30

**Place:** Amsterdamse Bos, Amsterdam

**Fee:** € 30,- (incl. 21% VAT)

**Registration:** Please send a mail to [info@bettinaneuhaus.com](mailto:info@bettinaneuhaus.com). Once you've signed up you will receive more practical information and details for payment.

**Additional offer:** Thursday, 1 July, 20h00 - 21h00

Online movement meditation and exchange about how to anchor our outdoor experience in our everyday lives. Free for all who wish to participate.

**Bettina Neuhaus** is an Amsterdam-based dance artist, mentor and certified Skinner Releasing Technique™ (SRT) teacher at Introductory (2004) and Ongoing (2011) levels. She has been creating work for over 30 years, often collaborating with dancers, musicians, visual artists and poets.

Alongside her work as dancer and improviser, she creates performative installations and lecture-performances. Her work is propelled by her fascination for the dancing body, with its inherent imagination and intelligence, its poetry and infinite possibilities of transformation and expression through which we connect to the world.

With an interest in developing a more embodied awareness of ecology, over the past ten years Bettina has developed an outdoor practice that investigates the communication and action that can emerge from within our relationship with nature and in particular with trees. [www.bettinaneuhaus.com](http://www.bettinaneuhaus.com)