



# Somatic Movement Workshop

Jan., 24, 2026  
1-4pm

Rulan Tangen, Director of DANCING EARTH, warmly welcomes PCHS students to a 3 hr. retreat of Eco Somatic practices for healing practitioners.

"The Flowering Way" draws upon 28 original eco somatic methodologies with practices of movement that are intended as accessible for all. The teaching atmosphere is rooted in acceptance, with students encouraged to adapt and respond to movement prompts as befits their capacity, to promote their own intuition.

## **For participants experience, please bring:**

- Comfortable clothing suitable to movement, in layers
- Refillable water bottle & any healthy snacks you may desire
- Journal notebook and pen/pencil
- Personal yoga mat and blanket option with a small personal towel as needed
- Socks, and the ability to be barefoot indoors or foot covering (such as ballet slipper, dance sandal, or supportive sneaker that is not worn outdoors, or sanitized wipes to clean protective shoes if worn outside, before use indoors)
- A special personal item for the collective altar/mandala (to be returned at the end of workshop)
- Open mind and open heart!

**Reserve Your Spot Today!**

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