



**Springhead
Fontmell Magna
Shaftesbury
SP7 0NU**

Arriving from 5pm on 11th
and finishing 3pm on 13th

Fee for the weekend
Early Bird booking by 5 Sept,
£335/£315 members

Thereafter £355/£335 members
All bookings require a £50 deposit
which is non-refundable

retreats.estcc@gmail.com

There is a limited amount
of single / double
accommodation available,
at a supplementary
charge. Please inquire
further when booking.

Form and Formlessness What moves us?

with Kristina Gjems

Friday 11 - Sunday 13 October 2024

Springhead Trust, Fontmell Magna

What moves us?

Where does movement come from?

How do we make ourselves available to what
wants to move?

We embody the elements and our bodies are
nature, connected to all earth's beings.

How do we stay connected to our internal
landscape, our ancestors, the space that
permeates and surrounds us?

How can we embrace impermanence, continue to
shape-shift and uncover layers of what we are?

Kristina is an experienced choreographer, dancer
and t'ai chi teacher living in Oslo. Trained with
Gerda Geddes and Tew Bunnag, Kristina is a
much valued member of our t'ai chi family.



You will need to bring your
own cushions for meditation
and be prepared for all
weathers ! Please let us know
well in advance of any dietary
requirements.