

The Evolution of Movement

embedded in the Wisdom of Nature and her Elements

23 - 30 April 2012

with Robin & Béatrice Simmons-Heiz

To be read together with our A4 full-colour folder, see our web site and click on 'Contact & brochure'

This is an opportunity to experience the complete Dart Evolution Procedures with the Wisdom of the Elements in an unspoilt natural setting, at the time of abundant spring flowers. It is suitable for anyone privately or professionally interested in movement, inner balance and letting-go of hidden tension.



Robin Simmons SVLAT MSTAT has been working with the Dart procedures since 1970. He has created and conducted many weekend workshops on them in the UK & in Switzerland, has presented them at several international congresses and has written extensively about them. He runs a weekly practical seminar on these procedures at the Alexander Teacher training school in Zürich. Robin has been teaching the F.M. Alexander Technique since 1971.

Béatrice Simmons SVLAT MSTAT: Nature called Béatrice to a Swiss mountain valley where she runs an Atelier for her own fragrant creations and a practice for shamanic work and the F.M. Alexander Technique. Béatrice is co-director, with Robin, of their Alexander Teacher training school in Zürich. She works in partnership with the spiritual world and the wisdom and magic of nature. Her shaman work with nature and the elements and her knowledge about the messages of fragrances will assist this workshop.



The Evolution of Movement processes are based on the exploratory work Prof. Raymond Dart carried out in the 1940's. You will explore the movement developments from the fish body through amphibian, reptile and mammal to primate, which are mirrored in our individual growth. The programme is informed by the fact that both Robin & Béatrice are teachers of the F.M. Alexander Technique. Linking with our ancestral past you will discover the rhythm of life and your own miraculous evolutionary process.



The Wisdom of Nature: Learning from nature and the elements creates harmony in mind, body and spirit, giving balance and freedom in your movements and respecting the fundamental Elements out of which we are made and which provide us with the context in which we humans live.

By enjoying walks (guided or independent) through the scented pine forest and along the coast, you will be able to digest the insights gained. There will also be time between classes to relax and swim.

Price: £495 (early-bird before 31 Jan, £465), includes tuition, 7 nights full-board based on sharing a twin room or in a single log cabin, excluding flights and transfers. For more comfort (limited availability), twin log cabin as single supplement £50, twin room as single supplement £70 per week. Full-board includes breakfast and dinner every day and lunch on five days. If you wish to attend both weeks, the total charge is £915, early-bird £890 (plus single supplements).

Questions. For further information please see: www.theevolutionofmovement.com or contact: Robin & Béatrice Simmons-Heiz, T: +41 (0)78 602 28 53 / 38 E: simmons.heiz@bluewin.ch

Booking, please contact Nigel Walker at Yuva's UK office T: + 44 (0) 1760 755888

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