

Bringing their many collective years of movement, music and embodiment explorations together, collaborators Lara McIntosh, Chiara Guerrieri and Marla Simms invite you to:



SPRING TUNING

March 18-23, 2013
Kalani Oceanside Retreat Center
Big Island, Hawaii



5 days in paradise seeding a new season...

with joyful dance, customized yoga and body mechanics, meditation and nonviolent communication.

We will:

- Cultivate fresh vibrancy in our physical wit and wisdom.
- Root deeper dialogues of compassion and possibility in daily interactions within ourselves, our physicality and beyond.
- Establish healthy practices designed to take and grow at home to nourish an active longevity.
- Free our bones with afro-infused dance inspired by some of the best music the world has to offer.
- Engage our senses with the complex natural and cultural beauty that IS the Big Island where ocean meets lava, mongoose, wild pigs, tree frogs, bird song, hula, solar power, compost, and not so far away strip malls all exist on the newest earth and cleanest air in the world.



Included in this five day sweet island style retreat are... daily sessions of morning meditation, yoga, body mechanics, dance/movement intensives and time spent with the art of the of nonviolent communication. Spontaneous offerings for group or individual sessions TBA throughout the week. Portions of each day are purposefully left open for participants to enjoy their own experience of Kalani's offerings along with the many other delights and resources of Kalani and its neighborhood. Delicious daily buffet style meals, accommodations and use of Kalani's grounds, pool and spa area are also included.

Early registration is encouraged!

**Registration requires \$250 deposit
Final payments are due February 21, 2013**

RETREAT FEES (per person)	Double Occupancy	Single Occupancy
Lodge Room (shared bath)	\$995	\$1240
Lodge Room (private bath)	\$1225	\$1475
Tree House Room	\$1350	\$1675
Bungalow Room	\$1350	\$1675

Cancellation Policy: All cancellations include a \$100 fee. No refunds for cancellations within 6 weeks of the workshop (unless we can fill your space).

**To register contact Lara McIntosh:
lara@wassadance.com**

About the Facilitators

LARA MCINTOSH: Performer, teacher, choreographer and perennial student, Lara is also an active member of Seattle dance, public art and cultural communities. Under the name WASSA DANCE, Lara blends a mix of afro-infused and American dance styles which are greatly inspired by lifelong studies and travels to Brazil and Mali, West Africa. She explores rhythm, spirit, craft, and community to unlock the movement potential in each person. "Wassa Sangare" is the Bambara name Lara received during her first visit to Mali. "Wassa" means "one who acts for joy and fulfillment." Her curiosity about movement, creativity and cultures, combined with a deep love for music are lifelong muses.
www.wassadance.com

MARLA SIMMS started her love affair with the human body and its magic from the inside out. She experienced the boldness and explosive energy of a gymnast in her youth. She then turned to the focus of exploration of other's bodies through the study and practice of massage. She has been a massage practitioner and massage educator for 20 years. As an educator, she pursues a better understanding of the soft tissues of the human body and how they react (however subtly) to the stresses and challenges of life and living. For Marla, the body continues to be a venue of art, joy, and discovery.

CHIARA GUERRIERI: began studying Yoga to rehabilitate and strengthen her core after a car accident; she continues to practice and teach yoga as a way to heal the separation between body and mind. Chiara teaches us how to breathe, how to connect the breath with the body, how to track physical sensations from moment to moment, how to find internal wisdom as body, breath, and mind work together to inspire our practice. Chiara's classes are accessible to anyone with a basic background in yoga. She has a strong interest in injury evaluation and treatment, and welcomes students recovering from injury or other physical pain. She has studied Hypnosis and Neuro Linguistic Programming; she uses her language skills to weave trances that wake us from our routines, allowing us to explore new pathways.

Chiara is a licensed massage therapist, practicing since 1983, teaches Anatomy for Yoga Teacher Trainings, and the principles Non Violent Communication. www.chiarayoga.com