



# *Awakening Wisdom: The Dance of Movement & Stillness*

*November 1 – 4, 2018  
Hallelujah Farm  
Chesterfield, NH*

We awaken in Christ's body  
As Christ awakens our bodies...

We awaken as the Beloved  
In every last part of our bodies...

~Symeon the New Theologian

*We are a continual flow of life; the dance incarnate of the Source within us. While many Wisdom practices develop inner stillness and surrender, these can only be realized in and through the sacred vessel of our bodies. We often forget that we are our bodies and our bodies are movement!*

*Join us as we create together a gentle and safe container for befriending our bodies and exploring what it is to be alive moment by moment. This process of discovery, through dance, movement and creativity will be held within the essential Wisdom rhythm of silent prayer, chanting, lectio divina, conscious work, and sacred conversation. As these practices nourish our inner being, in community they expand our awareness of the whole, supporting us to be ever more connected, grounded, supple and awake in daily life.*

*In this long weekend (3-night) retreat, we welcome people of all spiritual traditions (or none). Some experience with silent prayer may be helpful. No particular physical ability or prior experience with dance or movement is necessary. All bodies are welcome!*

If you are questioned, "But what is the sign of the Source within you?" say, "It is movement and it is rest."

~Gospel of Thomas

*Deborah Welsh, Ed.D. is a Wisdom leader and creator of “Wisdom of the Body”. She has worked with Bill Redfield and Lois Barton co-leading Wisdom Schools since 2010. She is a teacher, Licensed Creative Arts Therapist, Mental Health Counselor, and Board-Certified Dance Movement Therapist, specializing in dance and movement as sacred. Her underpinnings are in modern and improvisational dance, the psychology of C.G. Jung, yoga, and exercise physiology.*

*Kerstin Lipke & Laura Ruth together form Incarnating Wisdom. They have been facilitating experiential Wisdom retreats and practice circles for the past several years. Committed to Wisdom that is alive, embodied and responsive, Laura and Kerstin are actively listening for how to serve from the heart through practice in our individual lives and in community, and in the dynamic relationship with daily life and the world.*

*Retreat begins: Thursday, November 1<sup>st</sup> at 5:30pm with a light supper.*

*Retreat ends: Sunday, November 4<sup>th</sup> at 2:00pm after lunch.*

*Cost: All are welcome and we are grateful for your support in the amount you can afford. As a guideline, the suggested contribution for this retreat is \$325, which includes a \$75 deposit.*

*Information & Registration: Contact Laura Ruth at [laurampruth@gmail.com](mailto:laurampruth@gmail.com).*

*Accommodations are in shared double rooms. Single rooms may be available upon request for an additional suggested contribution of \$25/night or a total of \$400.*

*In order to hold your place, the following deposit is requested:  
\$75 due by October 18<sup>th</sup>.*

*Venue: Guests receive hospitality from Sandy & Roger Daly of beautiful [Hallelujah Farm](#).*

**This retreat is made possible by a generous grant from  
the Narthex Foundation.**

Image: Miriam leading the women “with timbrels and with dances”. Illuminated manuscript, Tomic Psalter, 1360/63.