



CANBERRA DANCE THEATRE PRESENTS

# EcoBody

A movement workshop offered by Zsuzsi Soboslay

**Sunday, 28 November 2010**  
**10am to 12.30pm**

**Canberra Dance Theatre Studio, Childers Street, City West**

\$25 or CDT members \$20/\$16 conc or 1 class on CDT Dancecard, bookings essential by 23 Nov

*The body is a landscape, with interior and exterior aspects. Both aspects usually live and work in a restricted capacity, due to both training and habit. We are probably missing a lot of what can inform and support us in our work. This workshop aims to relax and release these restrictions and develop our sensory relationship to what is: our bodies, our breath, our spaciousness, and how they touch and engage with each other. This is a wonderful process for practitioners of dance, but also anyone who wants to learn a more expansive way to reciprocate in their work and with their environment. It introduces an ongoing process which will be offered throughout 2011-12, in both studio and bush settings. Zsuzsi has extensive experience working with people with injury or disability. All are welcome to attend.*



Zsuzsi has developed BodyEcology in Australia in clinic, workshop and creative processes for the past 20 years. She is interested in ethical practices which look at how full and truly reciprocal a level of engagement we can have with both big and little beings, and with our environments. For further information, go to [www.bodyecology.com.au](http://www.bodyecology.com.au)

**[www.canberradancetheatre.org.au](http://www.canberradancetheatre.org.au)**

