



dance poetry

Open Floor Dance Workshop
with Ingrid Rose Nagl
and Ingrid Kölle
Sunday 22 October 2017
Great Barrier Island

dance poetry

The dance is a poem of which each movement is a word. ~Mata Hari

Dive into an ocean of sensations, emotions and dancing aliveness on the shores of beautiful Great Barrier Island.

Like a child skipping over the grass, a bird flying high in the sky, or a dolphin leaping through the waters – let go of worry, take a day out and pamper yourself. You will be gently guided into the dance and discover the treasures your body has in store for you. Listen to your inner yearnings, express them in your movements and dance them onto the paper.

There are no steps to follow, no right or wrong moves.

*Just come as you are. Explore, play, move.
Nourish your creative side.*

For more info see:
www.ingridkolle.net and www.openfloor.co.nz

venue: Claris Conference Hall
date: Sunday 22 October 2017
time: 11am – 5pm
cost: \$ 95/concession available – please ask.
bookings essential:
Cait 0212226410 caitdevey@gmail.com

*Everybody welcome.
No experience necessary.*

dance poetry is an **Open Floor** workshop offered by two Ingrids, who are both currently studying **Open Floor** Dance.

Ingrid Rose Nagl is a registered Psychotherapist, with extensive experience in various movement practices. She feels excited about introducing Open Floor to GBI where she spent four years of her life.

Ingrid Kölle is a writer and "Core Connexion on the Open Floor" dance practitioner based in Wellington. She is known for holding a safe space and comes with an extensive background in 5Rhythms®, Core Connexion and Open Floor.

