

Dance of Life - Self experience through movement

A Movements Intensive Seminar



The beginning of spring - an external moment of awakening growth in nature, the strengthening of solar power. This external time also opens the senses to the perception of one's own inner "solar power" and the dormant "seed" of creativity, of the visions of one's own being, which pushes for growth and realization. Spring time: the awakening of winter-tired cells to a new "life dance"!

On this Easter weekend, the emphasis is on training the Gurdjieff Movements. The special dance choreographies of Gurdjieff together with his touching music are an extraordinary tool of self-awareness and serve to train the conscious attention with the help of special body movements. However, not only are physical motor skills challenged, but at the same time all the centers - the center of thinking, feeling and movement are so stressed that they gradually become better synchronized in order to accelerate the harmonious inner transformation to the "whole human being".

Two qualified movements teachers, **Margit Martinu** and **Maja Moeser**, both with over 40 years experience of the Gurdjieff dances, will instruct. We also will have live piano, played by **Coen van Hoboken** from the Netherlands.

Bruno Martin brings in his long life experience with the Work and leads inner exercises, attention and perception exercises, also in nature, and presents the background of Gurdjieff's teaching.

We will have common talks about all topics with question and answer sessions and we will do some common practical work like preparing the meals and so on. We will have an easter fire, general done in the area, and a ritual meal in the tradition of Gurdjieff. A great opportunity to learn about the manifold and holistic method, Gurdjieff introduced, and which John G. Bennett has developed further.

The Leaders of the Seminar



Bruno Martin, born 1946, was a pupil of the British mathematician and philosopher John G. Bennett in the 1970ies, from whom he learned the Gurdjieff method. Since about 40 years he inspires people in seminars with these ideas and methods. He is author of ten books like "Gurdjieff Practice Book", "On a Spaceship with Gurdjieff" (both only in German) and "The Realized Idiot - the artful psychology Gurdjieff's". More to Bruno: www.brunomartin.de

Margit Martinu, born 1947 in Prague, also was a pupil of Bennett. Already in her early youth she got training in dance, especially in the method of "Rhythmik" developed by E. Jaques-Dalcroze, which also had inspired several women who did work with Gurdjieff. After her study at the "Academy for Continuous Education" with John Bennett she learned from Paul Anderson in the USA, who had been a direct pupil of Gurdjieff in Paris. With him she participated in a group work based on Gurdjieff teachings for 7 years. Here he appointed her as a movements teacher. Margit conducts seminars and group work since many years in Italy and Europe and in the US. She also studied and taught at the G. Foundation. She conducted many public movements demonstrations. She lives in Italy. More to Margit: www.gurdjieffmovements.it



Maja Moeser also studied with John G. Bennett at his academy in the 1970ies. Afterwards she learned over 10 years more movements from John Wilkinson, who had worked with Bennett for long years. She also studied movements with Wim van Dullede, pianist and world wide acknowledged expert of the movements. In his seminars she also instructed movements classes. She also had support of Solange Claustres, who had been a movements teacher in the 1940 years directly in the classes of Gurdjieff. Since many years she gives Seminars in Germany, the USA, the Netherlands, Belgium, Malta and Czech republic.

Time: Good Friday, 30th March, beginning 2 pm (14 o'clock) until Easter Monday, 2nd April 3 pm (15 o'clock).

Place: Retreat- und Seminarhaus in der Göhrde (30 km near Lüneburg - www.retreathaus-goehrde.de). We will offer transport from the train station in Lüneburg (we will try to coordinate times).

Seminar fee: € 250,-, booking before 24th Dec. € 200,-

Costs for accommodation: depending on the room. There are single bed rooms with shower, € 39, per night (so 3 nights = 117 €), single rooms with shower outside or double rooms with shower outside cost ca. 5 € less). Please give your wish with your application. Additional costs for the dance room and kitchen, ca. 20 Euros (whole time)

Advance payment € 150,- - account number will be given after application.

Registration: brunomartin@t-online.de or on the contact page of www.gurdjieff-work.de