

Trayfoot Mountain Studio Presents

The Mindful Movement Series:

Still Water Workshop



Imagine you are standing in a large, placid lake. It is peaceful and safe. Beneath the surface, beautiful hues of blue and green slowly shift and merge as the warm sun dances through the shallows. You relax, close your eyes, and your senses become heightened. You begin to feel weightless. The warm water gently rocks your body back and forth as the waves ebb and flow along the shoreline, weaving a rhythm of sensation and sound that inspires movement. You respond, gracefully bending and turning in slow, gentle harmony with nature's melody, taking in the healing energy. You leave the water refreshed, balanced, and at peace, deeply connected with the natural world around you.

This beautiful scene exhibits nature's economy of movement – simple, focused, and powerful. There is no wasted energy, no superfluous effort, and no needless complexity. The movements are uncomplicated but profound – they are *mindful*.

You can learn these movements inspired by nature, quickly and easily. *Still Water* utilizes mindful movement, developed to relax your body, relieve stress, increase strength & flexibility, and offer healing energy to all your body systems, both physical and energetic. It is easy to learn and fun to do and it does not damage joints, strain muscles, or create shin splints! And although *Still Water* can most certainly be performed in a lake or stream, we will be enjoying this form on dry land, so no bathing suit is required.

After the trauma of the last year, our stress levels, health issues, loss, isolation, and financial hardships have outpaced joyful living. I created this Mindful Movement Form to be a restorative experience for those who have been negatively impacted by recent events, but it is suitable for anyone who is simply seeking to bring peace and balance to heart, mind, and body. It is especially suited to group experiences where a collective sense of tranquility, unity, and connectivity is desired, such as CE5 Outings and similar events.

This form can be done sitting or standing and can be as gentle or as dynamic as you choose. This is truly a moving exercise for anyone!

Schedule:

- The workshop begins at 2:00 pm. Please plan to arrive 10-15 minutes early.
- Workshop duration is 90 minutes, concluding at 3:30 pm.

Instructor: Jennifer Strop Hensley, Certified Tai Chi and Qigong Instructor