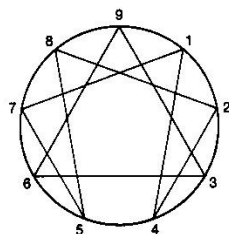


*Come, come, whoever you are:
Wanderer, worshipper.
lover of leaving.
It doesn't matter.
Ours is not a caravan of despair.
Come, even if you have broken
your vow a thousand times.
Come, yet again, come.*

Rumi

Join us for a weekend experience of the **Gurdjieff Movements**.

- ❖ Come with no experience, with experience a long time ago, or an active practice.
- ❖ Come to move with others.
- ❖ Come to “be” with and learn about yourself.
- ❖ Come with a knowledge or an ignorance of the **enneagram**.
- ❖ Come and experience this laboratory of the Work.



Gurdjieff Movements - Winnipeg

Melody Newcomb, instructor
www.inscapesenneagramstudies.ca
melody@inscapesenneagramstudies.ca
204-237-7725

Gurdjieff
Movements:
A Practice of Attention
and Community

A weekend workshop
November 10-12, 2011

Robertson Hall
John Black United Church
898 Henderson Highway
Winnipeg, Manitoba



GURDJIEFF MOVEMENTS: A PRACTICE OF ATTENTION AND COMMUNITY

The Greek-Armenian mystic, George Gurdjieff, who brought the **enneagram** to the West, created a set of exercises for his students. These were based on the dances he witnessed traveling in the East and incorporated the laws reflected in the **enneagram**. He described himself as a “teacher of dancing”, so central was the experience of the Movements to the development of consciousness.

The **Movements** are a practice of attention with gestures and choreography set to music created for this purpose. The complexity of the **Movements** invites concentration and self-awareness. We move in patterns that remain unconscious. The **Movements** break up those patterns, making us aware of our automatic ways of being.

The effort needed to learn the patterns of the **Movements** and sustain the practice brings us face to face with our habits of thinking, feeling, and sensing. The work of awakening to our patterns of behaviour, thought and feeling, is the first point of the **Movements**.

The community is central to the practice of the **Movements**. Here we bump into the “Other”, physically, emotionally and metaphorically. These encounters increase awareness of our presence and actions in the world.

When self-awareness and awareness of the “Other” strengthen, the gestures and movement become integrated, there are moments we enter the mystery of **Presence**. The body relaxes, the mind quiets, the heart opens, and we experience what is beyond and deep within us: a harmony with ourselves, others and our purpose.

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Melody Newcomb is the instructor and sometime pianist for the **Movements** here in Winnipeg. A student of the enneagram since 1985, studying with **Carol Ann Gotch** and **David Walsh**, she was introduced to the **Movements** in 1996 by **Marna Clarke**. She has since studied in Canada, the United States and Europe and is part of the Organizing Committee for the International Retreat. (www.movements-retreat.org) She had led the ongoing group in Winnipeg since 1998.

Gurdjieff Movements Weekend Workshop November 10-12, 2011

Robertson Hall
John Black United Church
898 Henderson Highway
Winnipeg, Manitoba

Thursday, November 10: 7-9 pm.
Friday, November 11: 9 am-4 pm.
Saturday, November 12: 9 am-4 pm.

Cost: \$125.00

Please dress comfortably and bring a cushion to sit on. Lunch is NOT included but kitchen facilities are available.

To register, please contact
Melody Newcomb
204-237-7725
melody@inscapesenneagramstudies.ca