



# *River Walk, River Dancing*

a contemplative, walking workshop on  
the Housatonic River in Kent, CT

with **Paula Josa-Jones**

Sunday May 6, 2018

1-3 pm

\$25

Join me to walk along the Housatonic River in Kent, CT, and experience the river in a contemplative and embodied way, using mindfulness practices, movement and listening.

As part of **RIVER/BODY** (a site-specific dance project that will premiere in NW Connecticut in August 2018) I am offering several **workshops** between May and September to give participants a felt sense of the connections between our own bodies and the water bodies that we share. **RIVER/BODY** is about how we can bring greater love and protection to both our own wild, fluid bodies and the precious waters that surround and nourish us.

We will meet outside the public library in Kent, and then drive to a nearby walk along the river. We will pause several times during the walk to deepen our experience with listening, simple mindful movement practices, sound, and touch. At the end of the walk, we will take time to share our experiences.

Please bring water and wear comfortable clothes and shoes. You will not get wet (unless you wish), and no movement experience is necessary.

Please contact Paula at [pjj@paulajosajones.org](mailto:pjj@paulajosajones.org) or 508-627-1752 to register or request more information.

PAULA JOSA-JONES, MA, CMA, RSMET, SEP is a dance artist, movement educator and therapist. She is a Certified Laban Movement Analyst (CMA) and a registered Somatic Movement Therapist. She is also a Somatic Experiencing® practitioner (SEP) and the author of, *Our Horses, Ourselves: Discovering the Common Body*, published in September 2017 by Trafalgar Square Books. She works with adults and children in her movement studio in Kent, CT and practices Embodied Equine Experiencing (tm) with clients at Kross Creek Farm in Rhinebeck, NY.