



Constance Clare-Newman: Pleasure and Presence in Nature



Constance Clare-Newman has been teaching movement practices for most of her life. She's co-founder of Desert Movement Arts and has developed a trauma-sensitive, neuroscience-informed, ecological approach to embodiment practices that focus on the wholeness of being within the natural world. Discover how to counteract nature deficit disorder, by exploring the elements of water, earth, air, and fire, and playing with kinesthetic, proprioceptive, and interoceptive awareness, and gentle movement. Come in with a bowl of water and something that represents the earth.

TOP EMBODIMENT TIP: Come back to your sense of self and your own sensory awareness while you're in your three-dimensional space.

Coming Back to Nature: **Learn how to come back to yourself, and your connection with community and nature.**

- The practices are an antidote to the overwhelming stimulus, distractions, and great upheavals we are living in. Even though we are part of nature, we have spent much of our time disconnected from it, in small boxes and rooms.

Practice Outside

- When doing these practices, practice outside in an environment that is conducive to getting in touch with things that we're going to work with.

Choice: The way we explore anything is a choice. Explore with what feels good, what is “**delicious**”!

How do we Explore?

- **Proprioception:** Our sense within of a balance and the muscular tone of tightness or freedom.
- **Kinesthetic:** The sense of movement in space.

How to Move or Experience our Whole Self

- Think about sensations, movement, breath, voice, posture, thoughts, energy, the spirit in motion, psyche, and gesture.

Ecosystems

- Our ecosystem is responding to the ecosystem of my room and house and a larger ecosystem.

Resources

- ◆ **Website:** constanceclare.com



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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