

# *RHYTHM*



*Spring 2015*

Spring 2015, Vol. LXXXIX No. 1

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Cover art: Marilyn Banner (from a series of four pictured inside newsletter)

This newsletter edited by: Alison Mott

From our President, Martha Mott-Gale:

Hello Noyes Friends,

I write from Philadelphia in April, where cherry trees are blooming; I can picture spring already greening at Shepherd's Nine, after a very tough New England winter. Our beloved Camp has survived very well, by all reports, and we are making plans for an exciting and inspiring summer.

We are all the fortunate inheritors of a unique place and experience. Through two World Wars, a Great Depression, and countless changes and problems, Noyes Rhythm has survived. We still have 100 acres of Connecticut woods and lakefront, two historic houses and the incomparable Pavalon. But, even more important, we have Rhythm, movement to live music in nature, with deep spiritual roots, and a community of women (and a few special men) who share it together and keep it alive.

This is an especially receptive time for what we have to offer. There are all kinds of similar and related practices out there, but nothing exactly like Noyes Rhythm. We have the challenge of welcoming people at all levels of physical ability, and of keeping true to what makes us different while still being open to what will enrich our experience. Our teachers are always learning and growing and finding new depths of Rhythm.

Come to Camp! Bring someone who has never joined us, or bring back someone who hasn't come in a long time. Imagine yourself leaving behind the distractions of the "connected" world and become connected to the real world of birdsong, earthsmells, rags and Chopin, and the moon rising over the mountain after Playtime.

With joy

From Rhythm for Dance and Art by F.F. Noyes  
Newsletter, II, 5 [FFN]

The world seeks rest to bring it strength and believes that strength will bring aliveness. We know the starting point to be.. aliveness (sentiency) which opens by strength in which there is rest.

Peace is born of rest, rest is born of strength, and strength is born of sentiency. These are the three essential things around which a lesson is built.

I am a wild thing.

You would never know it to look at me, the most invisible:  
a plump, graying white woman in frumpy clothes.

Oh, I don't care!

That is the freedom, as free as  
a nose-picking, butt-scratching, tree-climbing six-year-old.

I grew out of dirt, I rolled in dirt and leaves,  
I straddled the tree branch, I was the tree.  
I flew in the wind,  
I screamed.

They tried to keep me down,  
but I was molten at the core,  
my eyes blazed out,  
my power built and built,  
and one day I blew  
and flamed hot lava all over the world.

I was the most dangerous creature on earth:  
a sexual woman,  
the maw of my power engulfed all men.  
I drew them into me  
and fed my energies,  
or flung them off like chaff in the wind.

I was the creator of symphonies, of great tragedies.  
I was Sarah Bernhardt, who fainted when she was bored.  
I could have been Cleopatra.  
I chose to live a smaller life,  
but I smiled secretly.

I birthed twins, since one was not enough.  
I might have been pregnant for years, I was so fertile.  
I would have children everywhere,  
people the earth  
with my lovely, lively, boundless offspring.  
I am always the mother  
among all the mothers.

Now I am the goddess of no face,  
the wind, the full moon.  
I slip among you,  
watching,  
pitying your ambition,  
the weight of your work, your struggle for recognition.  
I know everything and nothing.  
I fly over it all,  
look down on anthills, the log rolled over,  
see the ocean still relentless,  
the jet stream,  
solar storms.  
I close my eyes.

From Colleen Bartley:

Hello from afar.

I know I haven't been to Noyes for a while because I live so far away. But the work lives on in me and I'm still hoping to come back to camp soon. I still work with the techniques- forest breathing, barrel rolls, bear, and other exercises- the units and principles that camp has taught me.

I'm living in the UK, doing a lot of contact improvisation and authentic movement and embodied anatomy- in relationship to the land.

Right now I'm in Wales on my friend's land- they started an organisation called Movementsense to bring people here and work in relationship to the land. They have a dance studio, Maggie is a play therapist and there is a magical waterfall, a river and a lot of space.

I feel there is a connection in all of us to this work. I remember Palchen telling us not to fret about the teaching because she said that Rhythm is everywhere and will live on...

I love all of the incredible women who have made this work possible, who continue to dedicate their time and energy to keeping camp going and the legacy of Mrs. Noyes going.

I'm grateful to be included in this conversation about the work and continue to keep all of you in my heart.

I remember you all embracing me that summer when I was really unwell and depressed and confused and you embraced me- let me be there even though i wasn't well enough to study really.... you loved me anyway.

I thank you for that. I was so ashamed and wanted to be well but was really in a healing process.

Thank you thank you thank you

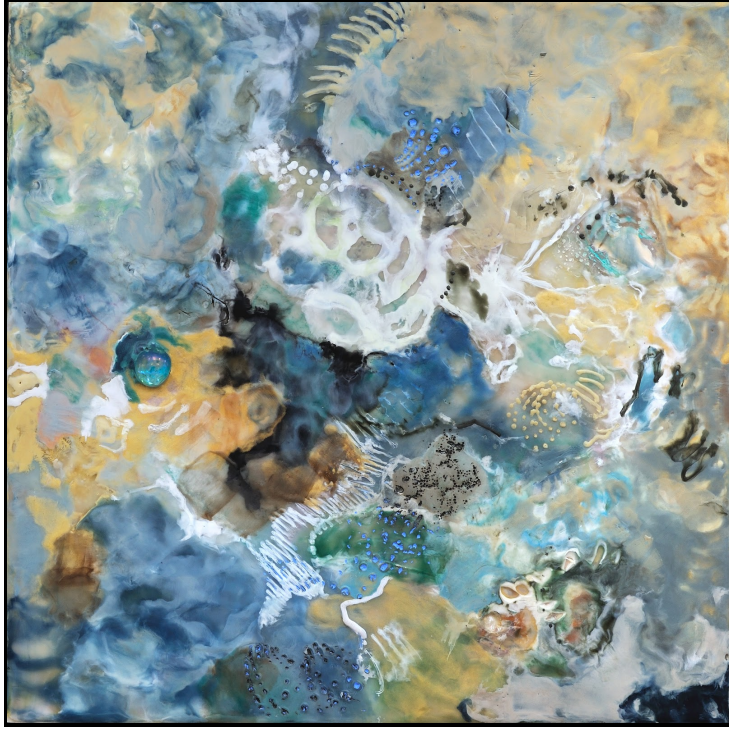
Here's to spring and fresh blossoms and to dancing!!!

Sending much love

From Marilyn Banner:

Our big news is that our son, Gabe, married his sweetheart Michelle on [February 8, 2015](#). We and 55 other people (including about seven aged 1 year to 6 years) converged in a beautiful venue in Santa Teresa, Costa Rica. Santa Teresa is one of the world's surfing capitals, so you can imagine the waves, the endless beach, and maybe even the "difficult" roads in CR. Much love between the friends and a communal atmosphere. it was a trip to remember.

Art-wise I have had an active spring. I was invited to be in a curated group show on the lower east side of New York City. "Fusion" is up through [May 10](#) at Central Booking on Ludlow, in the newest hip art area. An extensive showing of my newest work opened on [April 16](#) and is up for six weeks at McLean Project for the Arts in McLean VA, in the DC area. All the work is encaustic paintings inspired by looking down while meandering on a beach. Those little magical bits of things just blossomed in the work.





From: Linda DeHart

There are so many wonderful new campers that it seems time to share a little history about the "Wings" Wings of the Heart ( aka: Flags of One Family on Earth ) have been used at Noyes Rhythm Camp for 30 years now !



Campers are invited to use them in participatory ways, and have creatively done so in memorable ways.

These flags help give picture to everyone belonging to our Earth. They are a beautiful symbol that we ,in truth , are ONE FAMILY ( though seemingly our collective humanity has yet to wake up to this fact. This is a start ). Wings have been made and integrated into celebrations around the world since 1984.

The vision of the Flags of One Family is beautifully conveyed in a 6 min. video. I invite you to click on it and enjoy !

[http://www.colorsinmotion.com/Touchstone\\_V22.html](http://www.colorsinmotion.com/Touchstone_V22.html) , created by a collaborative that I founded called Colors In Motion. [www.colorsinmotion.com](http://www.colorsinmotion.com) .

Each Touchstone is an art filled audio visual meditation for personal use , as well as environmentally viewed on large screens in public spaces. Note that Meg Brooker and Emily Mott bring forth several extraordinary " On Rhythm " moments as they dance amidst the " Wings " on the Noyes Rhythm Ground, filmed and composed by Chris Graefe, my business partner in Colors In Motion.

Flags of One Family on Earth ( aka: Wings of the Heart ) <http://www.flagsonefamily.com/> were carried by each participant in a Silent Sunrise Meditation Walk to

SkyTop at Lake Mohonk , thereby joining A GLOBAL EVENT: Harmonic Convergence 1987 , also reported in : <http://www.corelight.org/resources/essays-and-articles/december-21-2012/>



From Barbara "ThaLia" Luke:

Dear Noyes Friends,

E-mails about the coming Noyes Camp season are tugging at my heart. For thirty-five years Shepherd's Nine was my true home, the home of my heart. As some of you are still sending best wishes and hopes that I'll be at camp this summer, I'd best make it clear that I'm physically unable to return to camp. Age overtakes us all at different times with different infirmities and mine has caught up with me sooner than I'd planned. Of course, my original plan was to wake up dead some lovely summer morning in my tent at camp; the perfect way to go.

But the issue of small brain seizures that began back in 2003 have recurred with the effect that my balance is very unstable. I careen gently around the house, bumping into walls and door jambs and hanging onto furniture. Outdoors I now use my walker for any distances greater than out to the chicken coop and back. By the way, all four of my hens are now laying regularly. I get around town on my three-wheeled bike very well. No balance problems there, and I'm sitting down so the pain in my feet is minimal. Of course, I resort to the car when I have to.

The arthritis in all my joints is bearable, but just bearly (pun intended). My hearing continues to diminish and my sight is now impaired by macular degeneration in one eye, with signs of impending AMD in the second eye. I'm kind of a mess of age-induced whine-worthy problems. Oh well, it couldn't happen to a nicer old woman.

How I long to be able to teach in the Pavalon again and to blaze across the floor at Playtime, but it just isn't going to happen. And the only way I can make peace with my loss is to immerse myself in the life I have here, a home of my own, a tiny farmyard and my cats, hens and bees.

I miss you all so much and would be there with you if only I could be.



From June Christiaen:

Long Weekend – Winter Weekend – Weekend in Iceland

Why in the world, you may ask, in the middle of the longest, nastiest, snowiest winter the East Coast has endured in ages, would anyone decide to venture further north to Iceland? Nancy Nichols and June Christiaen were lured by the promise of northern lights, viewed from a thermal pool in a capital city where the snow melted off the streets thanks to geothermal heat. Indeed they did catch the lights and bask in the thermal pool – though not simultaneously!

Iceland, it turned out, offered much much more. The island, sitting below Greenland, and opposite Scandinavia, five flying hours from our coast, is simply amazing. The land along the coast is a series of little mini-fjords, one following another, built up out of the ocean by volcanic eruption. Here are the fishing villages, and behind them, on higher land the farming settlements. The center of the island is higher, very mountainous, volcanoes active and passive, some burnt out and collapsed into craters. The ground is dark, the mountains darker, dark lava boundaries abound. Dismal, you may think? Not at all. Cover this dramatic scenery with moving veils of cloud, snow squall, rain, mist, occasional sun rays, include glimpses of icy turquoise water, or deep blue ocean water and keep everything moving so that you see a little, then more, then see nothing in a sudden white-out, realize there's a huge dark cloud looming up ahead, which turns into a mountain. Everything is constantly changing its aspect, beautiful, mysterious, mystic.

Just an example. If you take the circle tour from the capital on the coast into the mountains, you travel by bus on a hard top road that has high yellow posts set on left and right every twenty feet. The white-outs can happen in minutes and the bus slows to walking speed. Now the driver, adjusting his sunglasses up or down peers left. At his side the tour guide peers right. The bus creeps along until the two poles are sighted and then gains a little speed. This may last as long as two minutes, or just suddenly clear. Without those posts, the driver could so easily veer off the snowy road onto a snow covered lake, or across someone's field or even tumble into an unexpected crater.

Iceland's winds are formidable. Heavy outdoor clothing is a must. Venturing outdoors is a guaranteed exposure to deep breathing; to acquiring huge lungfuls of energizing, very fresh air. A bracing, appetite inducing experience, which very naturally prompts a retreat to nourishment and shelter inside. Buildings are solid. Doors are hefty and work well to bar the wind. The food is fresh and delicious. (Icelanders have endured a period of climate change after the island had been settled. The many inlets froze solid and never thawed, preventing fishing. Summer did not happen so farmers had no hay or feed for livestock. Many starved.) This historic experience has taught Icelanders to take their eating - and drinking- seriously, and to cook very well. Icelanders do grow their vegetables under glass. Their lamb is a delicacy. Fish is plentiful, fresh and beautifully prepared. The famous Icelandic horses are descendants of the survivors of the starving times. They are respected for the contribution their forebears made to the settlement of the land, and everywhere left to roam and given food.

Icelanders keep and love their language. When a child is born, it is Dad's responsibility to teach Icelandic to his children. The first three grades in school are conducted in Icelandic. Later English and Danish will be introduced. Later still German, French, or Spanish. Icelanders keep a winter poetry celebration, considered as important as the celebration of the equinox. Attendees arrive ready to recite - old poems, as well as newly composed poems. The party goes on all night with food and drink and language as nourishment. This happens in mid-winter, it is not a recite and run affair. No surprise, Iceland with its tiny population has already its own Pulitzer Prize novelist. Iceland is also 'wired', very much up-to-date. Before venturing out into the evening in search of the Northern Lights, our guide had consulted on line to assess the amount of electrical activity expected that evening and where it was centered. On the third of our three nights on the island, we got lucky. Photo of the green display included as well as a photo of the "golden falls", actually icy falls - only golden in the summer when the afternoon light catches the tons and tons of water (rivaling Niagara in volume) hurling itself over a wide cliff into the frozen landscape below.

Visit Iceland, anytime, any season. It is well worth it.



Here are as high as Niagara Falls



From Arline Terrell:

In southern Texas every raindrop is precious, and even though our aquifer is on the rise, we are rejoicing in sunshine after what seemed like weeks of rain and clouds! Already we are eating from the garden – Kate is diligent and has enlarged it to handle the appetites of the five of us. The service this Sunday at church will celebrate green energy and I am looking forward to offering a moving meditation on the elements.

This seems to be a way to bring Noyes into a service – much like I did for several years as a sacred dancer. But, I am most looking forward to leading a service later this spring on “Unleashing Creativity.” Of course, the focus will be on Noyes! Already I am planning to offer “Forest Breathing” to show how we draw inspiration and strength from nature. Fortunately we have a venturesome congregation, and I expect to have them all dancing up and down the aisles to a favorite hymn, “Let It Be a Dance,” as we depart.

A dream we have had here is to offer classes in our studio. And it is beginning in small stages. Kate and I have dubbed the studio “Yellow House Arts” a big umbrella as between the two of us we can offer all the wonderful things we do at camp. Kate is teaching art at a Montessori school, and also has some pupils here. The kiln gets cooking more frequently now. She is also a busy musician with her group Wolverton continues to gather accolades.

As much fun as it is to “play camp” there is still nothing like the real thing!



Emily and Alison after a dip last summer... the lake awaits us!!!

Also from Arline Terrell:

### Crusaders

Sitting on a stump in the woods one day  
a legion of ants passed by my feet,  
or perhaps I sat down midst an ant  
migration, traveling from no where  
to somewhere, single file, evenly spaced.

I wanted to find their destination -  
a rotting tree or decaying vermin,  
and what was their place of origin, but  
because I had become an object on their route  
I feared disturbing their logistics.

How many ants stay in single file?  
Was it "follow the leader" or did they each  
have a calling or sense of purpose?  
Who was the chief honcho, or did they  
even need one?

Is there a season for migration, habitation  
and procreation? Were they of a single mind -  
like the aborigines communicating in silence?  
Could it be this crusade of ants has a message  
we need to hear?

### Unbidden

Floating on a breath of spring  
he came, unbidden,  
a surprise,  
and then he wasn't who  
I thought he was.

My heart fluttered  
when he landed,  
choosing me?

Black wings, streaked with orange,  
a Monarch?  
But no, he was only an Admiral.

I loved him anyway

From Chris Hardy-Meyers.

"I spent the better part of an hour today listening to Martin Sexton and I was transported back to the kitchen at good old Shepherds Nine. I just wanted to take a quick moment and express over a decade late how grateful I am to you for your willingness to take a giant chance on a girl from Idaho and allow me to enter into your magical world. I learned the value of a strong female community, the joy of sisterhood and above all the ability to believe in magic. The time I spent in that hallowed place has forever changed me and I have you to thank. I think of you and all the ladies often and perhaps someday our paths will cross in person once more but until then, noonway."



**From: Martha Mathews**

**Noyes Group – March 2015 South Florida**

Four Noyes ladies shared adventures in South Florida in March. Martha Mathews and her husband Val visited with Cornella Wilder in her beautiful Delray Beach condo, where Cornella celebrated by leasing a bright new yellow car she promptly named “Buttercup !” While there, Jennifer Speich, Cornella, Martha, and Val hiked Loxahatchee Nature Preserve, where they met interesting local characters including Anhingas, Turkey Buzzards, Blue Herons, Cormorants, Brown Pelicans, Limpkins, Little Blue Herons, a family of Red Hawks with their new baby, and the star of the show, a mother alligator with her seven tiny, fierce-looking babies. <http://www.fws.gov/loxahatchee/>

Several days later, Susan Brender, a casual Noyes visitor, and her husband David invited Martha and Val to dinner in the Brender’s modern NY style apartment in the center of Delray. They made reservations for an airboat ride at Sawgrass Park <http://evergladestours.com/>. Arriving early evening, as advised, we found the place almost deserted. Eventually, local “Captain Charlie” chatted with us, told some tall stories, and apologized for a non-event. We also learned to not believe GPS directions in the Florida Everglades or to information given over many web sites! One of Life’s lesson- win a few lose a few!

A few days after that, Cornella, Martha, and Val visited Wakodahatchee Wetlands [www.pbcgov.com/waterutilities/wakodahatchee](http://www.pbcgov.com/waterutilities/wakodahatchee) , next to Delray Beach, where we met (really) close up additional locals, including Snowy Egrets, Common Egrets, White Ibis, Coots and others as they returned to their bird sanctuary and settled in for the evening. The local show-off was a spectacular Great Blue Heron, who appeared to be trying to teach a young Great Blue – to fly ! “Ah, challenges of being a parent !”. The brave character below advised us he is a Snowy Egret, but we don’t know if he was kidding us. Ask Jennifer Speich, Noyes Bird Expert.



"Winter elm trees always in rhythm" photos by Chris Chalfant (from her front window)



One of Chris' projects. Maybe you can make it!

Welcome to Resonance of Life Arts!

We are a new organization with a mission to use sound and vibration as a guide for self-healing and optimization of our own inherent resonance. We provide music lessons, workshops, events and retreats, and work with healing and wellness partners to explore and develop tools that will help us find a more peaceful and joyful way of life.

**Our next event is Gong Yoga on May 29 from 6:30-8:30PM at Yoga in Bay Ridge, 9016 4th Ave, Brooklyn, NY with**

**Chris Chalfant and Sophia Tamzarian.**

In this workshop we will explore resonance from the gong and from within our beings using our voice and experiencing the gong as we open up the chakras through the yoga practice. Join us for an evening of complete relaxation and rejuvenation.

Please register at [www.yogainbayridge.com](http://www.yogainbayridge.com)

[info@yogainbayridge.com](mailto:info@yogainbayridge.com)

Space is limited. Advance registration is recommended.

We hope to see you there!

Namaste,

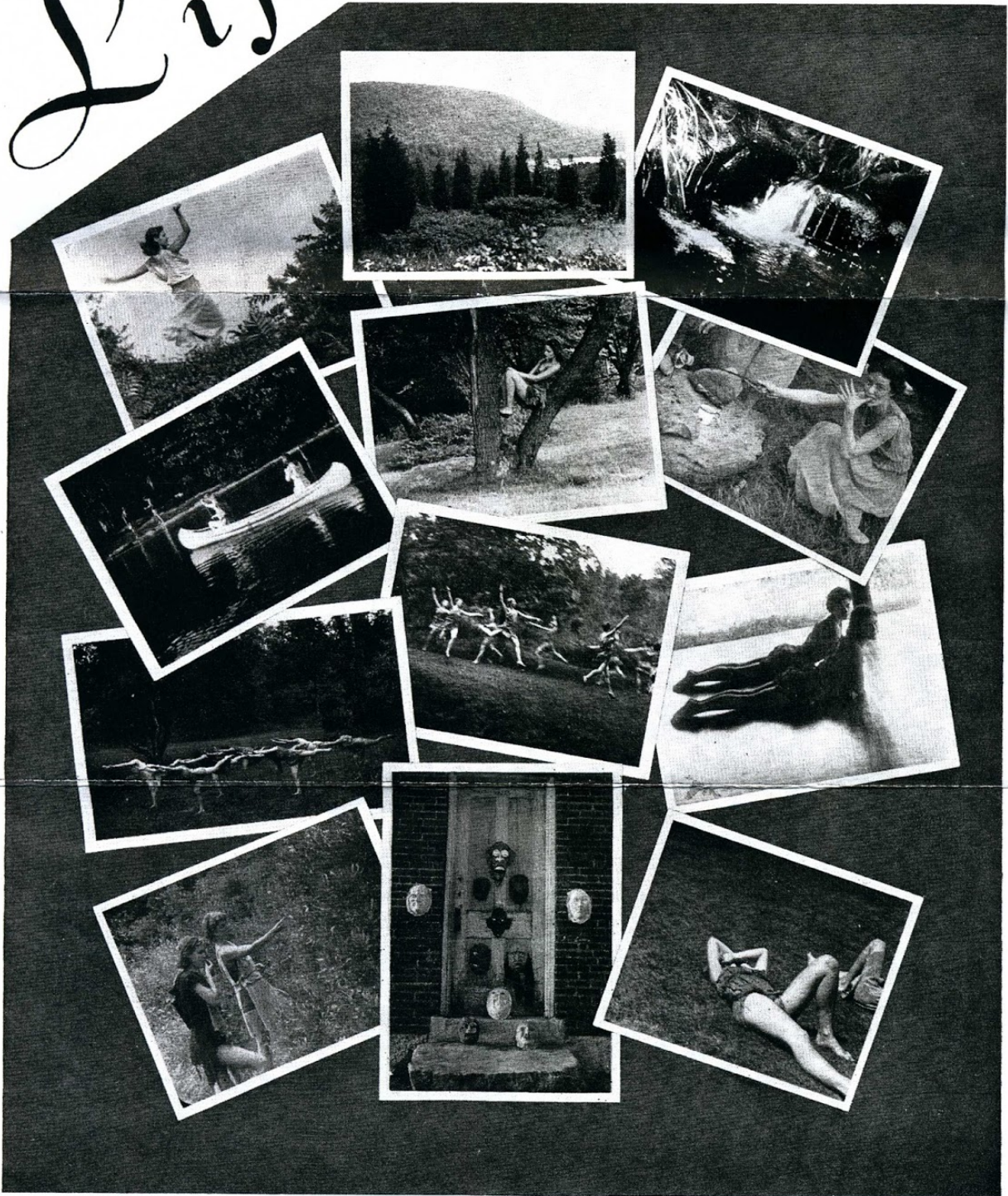
Chris Chalfant

[www.resonanceoflifearts.com](http://www.resonanceoflifearts.com)



Nancy 'Clio' Nichols found these for the Archives:

# Life at the Noyes Rhythm Camp



# Noyes Rhythm

THE DANCE OF LIFE IS RHYTHM. Everything that moves and breathes has rhythm. Animals have it, babies have it, star athletes have superb rhythm.

But most people have lost their rhythm. With them it is among forgotten things. Off their own center of gravity, they limp wearily and nervously through life.

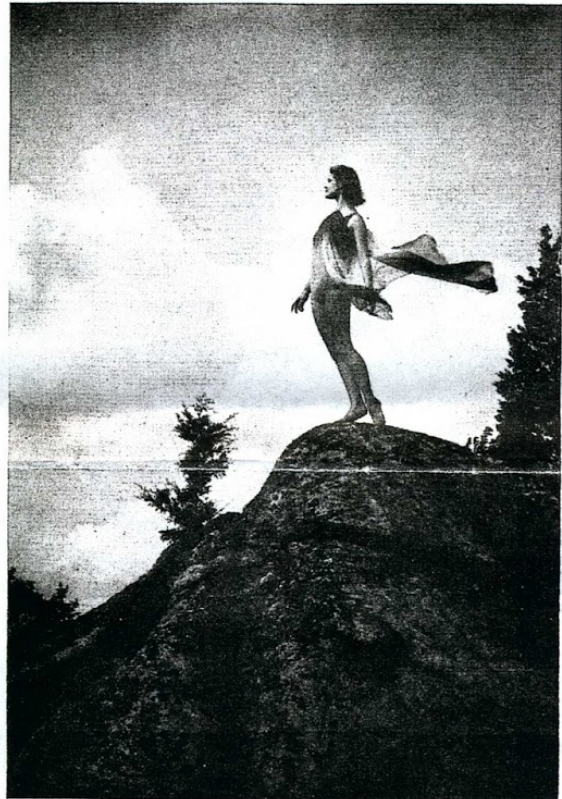
Noyes Rhythm is a system of movement that helps people to regain their own rhythm, to grow into harmony with themselves. This is no superficial system of exercises. It is a technique of fundamentals based on the dynamic principles of movement—from which naturally spring strength through relaxation and balance through the harmony of co-ordination.

Noyes Rhythm is the diametric opposite of mechanical exercise. Paradoxically it gives greater strength, power, repose and endurance than taut muscles and tensed nerves ever produce.

Noyes Rhythm exercises vary from barely perceptible movement in slow motion and controlled balance to swift, joyous movement that is a fresh experience in the joy of life.

Through releasing the flow of natural movement, Noyes Rhythm increases one's skill in all sports—golf, tennis, swimming, dancing—supplying that vital factor, relaxed strength.

The Rhythm Technique improves one's figure, brings new poise in posture and grace in movement, and makes one younger looking. It opens the way to a richer life, to a greater capacity for work and a greater capacity for the fun of being alive.



CREMER

A vacation at the Noyes Rhythm Camp has been the turning point in the lives of many women. Long after the lovely, lazy rhythm days are past, the vitalizing effect of the Rhythm Technique continues as an active force in their lives.

**NORMAL COURSE.** For those who have a serious interest in the Dance and in teaching movement.



CREMER



CREMER

Check out the lunge, the swimming stretch, the seal, leaping and fun. So familiar!

From Jennifer 'Birdie' Speich:

PREDAWN SOLO

cheer, cheer, cheer, cheer

ditty, ditty, ditty, ditty

sweet, sweet, sweet, sweet

clear, clear, clear.....

so sang the songbird

springing through the air!!!!!!!!!!!! 🎵 🎵



From our Rhythm Director Emily Arwen 'Pegasus' Mott. Excerpted from an email Emily sent to teachers and teachers-in-training:

Hello all..I have an inspirational speech for you:

We had this fantastic teacher intensive in Belmont in March.

**What we found is that it is not important what 'curriculum' is set but that we all show up to teach each other and share wisdom.**

**Which leads me to the main point of this email. We can plan classes and teacher trainings throughout the year.....**

BUT don't forget that Noyes camp, Shepherd's Nine, was designed as the summer school of teacher training. This is where it's AT everyone. This is the most 'intensive' you can get.

Especially if you come for a long enough time to immerse yourself,

especially if you come with the intention to learn deeply,

especially if you exist there with intense curiosity.

**The more of us that come together and practice, the more powerful it will be, the more the teachers, who have the wisdom to share, *will* share,*will* teach and help us all to be on Rhythm. There is no other way to learn this practice.**

**This is our gold and we have to show up, give ourselves to it, and keep a notebook..or two.**

I hope to see people registering soon for this summer for as long as you can make happen. We do always need help to keep things running so scholarship is possible. Tell us what would help get you there. Every week is Noyes week at Shepherd's Nine!

## NOYES REGISTRATION 2015

### Summer Season at Shepherd's Nine: June 28th-August 19th

Please print and fill out this registration form to reserve your spot. You can also register on-line at <http://www.noyesrhythm.org/summer-program/registration/>. Everyone must fill out a registration form, including Onion Scholarship students, Staff, and Teachers.

We advise a minimum stay of at least one week. Arrival time: Sunday 3:00pm. Departure Time: Sunday by 11:00am. Please give us advance notice if you need to make adjustments to this schedule. Additional fees may apply.

Please include a check for the \$25 nonrefundable registration fee (applicable to tuition) made payable to Noyes School of Rhythm. Mail the completed form and fee to: Noyes Registrar 1502 E. Palmer St. Philadelphia, PA 19125. Upon receipt of your registration, we will send you a guest guide with more detailed information about camp life and what to bring, as well as driving directions.

For questions or information regarding Summer Season 2014 or the Registration process, please email [register@noyesrhythm.com](mailto:register@noyesrhythm.com) or call our registrar at 215-370-2403.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Phone Number: \_\_\_\_\_ Address: \_\_\_\_\_

\_\_\_\_\_

Check In and Check Out Dates: \_\_\_\_\_

#### Tents:

\_\_\_ I would like a single tent.

\_\_\_ I would like to share a tent and choose my tent mate. Tent Mate: \_\_\_\_\_

\_\_\_ I would like to share a tent with whoever the camp chooses for me.

\_\_\_ I would like a cabin.

#### Linens:

\_\_\_ I will bring my own linens.

\_\_\_ I would like to rent linens (\$15/week).

#### Diet:

We can accommodate basic vegetarian diets that include dairy and eggs. We cannot accommodate extreme dietary restrictions. Let us know in advance if you have any dietary restrictions.

\_\_\_ I have no dietary restrictions. \_\_\_ I am a vegetarian.

**Transportation:**

**Please call ahead to confirm your transportation. Transportation fee varies based on pickup location. No pick up available on Wednesdays.**

**I am providing my own transportation and do not need pick up.**

**I need transportation to Noyes from Bradley Airport.**

**I need transportation to Noyes from Hartford / New Britain Bus Station (circle one).**

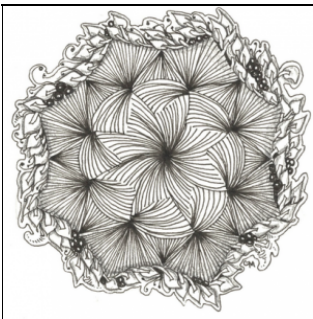
**I need transportation to Noyes from Meridan Train Station.**

**Additional Comments:**

**ARIA “Afternoon Rhythm in Arts” June 28 to August 9 at Noyes School of Rhythm, Portland, CT. Register by week as part of the full Noyes Rhythm Program of joy, strength and balance in movement and life. [www.noyesrhythm.org](http://www.noyesrhythm.org)**



**Week 1 June 28-July 4 (Co-ed Week) A Week in the Rhythm of Wild Plants** Explore wild and cultivated plants found on the campus of Shepard's Nine. Join in the rhythm of growing things. We will walk within our 100 acre land, look deeply into the flowers and make wholesome, nourishing salves. Learn names, stories and medicinal uses of plants along our paths and meadows. Find the joy of gathering and processing living natural delights to take home with you! *Amy Colón, Noyes teacher and herbal specialist*



**Week 2 July 5-11 Develop a Daily Practice, and a Zentangle Too** Create a daily practice of awakening your body, mind and spirit to the challenges and opportunities of each day. We will soak in daily inspirational readings and journaling. Design a personal morning exercise routine and create a zentangle as a meditation. Our woods are the perfect place to start fresh with a new, healthy approach to balance in daily life. Bring a good ball point pen and a journal. *Arline Terrell, Senior Noyes teacher, poet, artist*



**Week 3A July 13-14 Mixed Media Looking Out to Reach In** We will use the natural surroundings of camp as the “launching pad” for imagination so that you can see “how they alone see.” What is the perspective from a rock, a branch or a view from your tent? Follow your most personal vision in drawing, painting or in other ways to work with patterns in nature. How do the nerve endings or circulatory systems look in the body? What are the memories and dreams, or physical/emotional experiences that arise? *Marilyn Banner, mixed media artist*



**Week 3B July 16-18 Noyes Groups, The Waters of Ganymede, Florence Noyes history talks, and the next 10 years!** Join the goddess Harmonia and fellow dancers to experience traditional ‘group’ forms, so important in the Noyes work. We will do the Ganymede group, Haephaestus’ fire and other groups. As we refine these forms, enjoy the wonderful feeling of synchrony with the other dancers. Hear Clio share stories on the further adventures of Florence Fleming Noyes, creator of Noyes Rhythm! *Nancy Nichols, director emeritus and master teacher, Emily Mott, rhythm director, and Noyes teaching staff*



**Week 4 July 19-25 Contour Drawing from Nature and Inner Rhythms** This fun, expressive and meditative class will draw from the world of nature around us and from the rhythms inside ourselves. With a variety of drawing tools, we will develop a keen sense of observation and sensory



imagination by looking only at the object. 'Feel' the crinkly leaf under the tip of your pencil. How much pressure do you use to capture the shapes without cracking the imaginary leaf? Sense the beauty without analysis or judgment. How will this experience of deepening sensitivity through your drawings connect you to rhythm in dance? How will they touch your world? *Victoria Irwin, artist*



**Week 5 July 26-August 1 Tunic Fabric Dying** Join in one of our oldest traditions, hand dying silk for tunics! Master colorist June Roche will advise on colors that reveal your essence. Participants will dye silk using painting, dipping and other interesting techniques. We will provide sewing materials and patterns for those wanting a complete tunic project. We will be using new, simple-to-fix dyes. You may purchase silk by the yard or bring your own. Please make sure you bring "ready to dye" silk without sizings and finishes. A materials fee of \$10 will be charged to cover costs of supplies. *Linda DeHart, Skeeter Scheid, artists; June Roche, master colorist*



**Week 6 August 2-August 8 Clay Play** Just what it says! Get your hands dirty. Feel the Earth! The physical connection to clay leads us to a connection within our deepest selves. Enjoy being coached in basic hand building techniques. Learn how to use the wheel for a pot or a vase. Nature printing and glazing can be added as an extra touch. With a plan or not, experiment and indulge in the pure sensation and creative overflow. *Evelyn Foster, master potter*