

# GUEST GUIDE

NOYES SCHOOL OF RHYTHM

SHEPHERD'S NINE

245 Penfield Hill Rd. Portland, CT 06480



## Travel Directions

### *By Car:*

From the North or East: Take 91 South to Hartford and 84 East (left exit); or take 84 South from the Mass. Pike (Sturbridge exit). Take Rt. 2 East. (left exit) Take RT. 17 South (left exit) towards Portland. Stay on RT 17 through junction at 17A to the intersection to Rt. 66 at light. Turn left onto Rt. 66. Go about 3 miles to the intersection of 66 and 151 (center of Cobalt.) Continue with local directions from RT 66 and 151.

From the South and West: Take 91 North; or Merritt Parkway to 91 or 84 to 691 to 91. Take Rt. 66 into Middletown and continue on 66 across the bridge to Portland. Stay on RT. 66. Just past the Esso Gas Station on the right, turn Right onto RT 66. Stay on Rt. 66 for 8 miles until you reach a light at the junction of 66 and 151 in the center of Cobalt. Continue with local directions below.

Local Directions from Rt. 66 and 151:

On Rt. 66, at the junction of RT 151 you are in the very small town of Cobalt (grocery store, gas station and post office on the corner). Turn left onto Depot Hill Rd. Bear left at next little intersection onto Old Middletown Rd. Bear right at the next intersection and go uphill onto Penfield Hill Rd. Go approximately 1 mile. Just past Pepperidge Rd. on your left you'll see a white house with a white picket fence on the right. That is the Shepherd's Nine--the Noyes School, #245. Drive in the second gate. You are at the right place! Welcome!

**(GPS has been helpful for most guests, though not always directly to our gate. Check the address!)**

### *By Bus, Train, Plane:*

You may reach the area via bus, train or plane. Amtrak to Meriden, CT is the closest but you may also choose a bus to Hartford or New Britain, a train to New Haven or a flight to Hartford. Please buy round-trip tickets if possible, as stations in these locations are not always open for ticket purchase. Transportation between your arrival station and Shepherd's Nine property is provided by prior arrangement, for a fee, by our staff. Pick-up or drop-off fees are as follows:

\$25.00 Meriden Train

\$25.00 New Britain Bus

\$30.00 Hartford Bus

\$50.00 Hartford Airport

\$60.00 New Haven Train

To arrange for pick-up and/or drop-off please make arrangements directly with our driver, Palma Cannata. She can be reached at 860-836-2309. Please give your name, phone#, pick-up point, date and time when you are calling to reserve a ride. These are the same fees that will apply should you schedule transportation from a Noyes on-site driver.

## Your Days at Noyes

Noyes Rhythm has been defined as the development of a natural sense of the rhythms of nature and creativity through freedom of movement. Rhythm overflows from movement into our daily life at camp, deepening our physical and spiritual well-being. **Join us, and rediscover the simple joys of living in the present and feeling the earth under your feet.**

### **Noyes Atmosphere:**

To preserve the tranquillity of everyone's experience, we ask that you fully 'unplug' from distractions such as work, politics, and the online world. At Shepherd's Nine, we have the opportunity to leave the distractions of the world behind and to immerse ourselves in the timeless rhythms of nature. When it is really necessary to use cell phone, laptop, etc., we have a few designated areas set aside, including outside on the green near the schoolhouse, inside a small area in the schoolhouse, and inside in the cellar area in the front of the Farmhouse. We do not expect to hear devices or see screens in any other areas of campus. The more we engage with electronic devices, the less we experience the depth of Rhythm. Photography at the Pavalon or Rhythm Ground needs permission from the Rhythm Director. Smoking is prohibited on Shepherd's Nine grounds.

### **Noyes Dress:**

Florence Fleming Noyes established the tradition of wearing tunics of varying lengths and colors. This costume reflects the Greek ideals of simplicity and beauty from which Noyes Rhythm takes its inspiration. The tunic is graceful in movement and flattering to all wearers and can be as simple as two lengths of flowing material tied at the shoulders. Tunics are easy to make or you may borrow one when you arrive. Tunics are worn to all Noyes Rhythm classes and at all meals except picnics. For movement classes, please wear a leotard or similar underlayer with a tunic and, if cold, leggings and "woppity" (soft poncho). Solid, hand-dyed and non-patterned fabrics are preferred as they help us to feel more part of our natural surroundings. We shed our jewelry before movement classes to encourage freer movement, prevent injury, and protect the dance floor.

### **Noyes Daily Schedule:**

Part of the Noyes experience lies in the schedule. The Noyes day provides for regular meals, periods of quiet and rest, as well as Rhythm classes and other activities.

All campers attend the morning Recreation Class and Technique Class. Other Noyes Rhythm experiences, including Playtime, are offered daily and all campers are expected to attend. Normal class (11:00 am) and Artist-in-Residence sessions are optional activities. Please feel very free to ask the Rhythm Director, Camp Manager or Noyes teachers about locations, times, and expectations of any of our activities.

Meals at Noyes are healthful and well balanced and also, of course, a social time. We ask that campers attend all meals. Please inform the camp manager if you will be away from camp.

### **Daily Schedule**

**7:00 AM** Rising bell  
**7:30 AM** Breakfast (will be cleared at 8:10am)  
**9:00 AM** Recreation Class (all morning classes and Reading are at the Pavalon)  
**10:00 AM** Technique Class  
**10:30 AM** Reading  
**11:00 AM** Normal Class (deepened Rhythm experience, especially for teachers)  
**12:45 PM** Dinner (mid-day meal at the Farmhouse)  
**1:45 PM**  
**-3:00 PM** Rest period  
**3:00 PM** Open space for creative work, retreat, or outdoor recreation (boating, swimming, hiking etc.)  
**6:00 PM** Supper  
**7:30 pm**  
**-9:00pm** Playtime (at the Pavalon)  
**10:00 pm** Quiet time

**Sunday:** One half hour later for wake-up and breakfast. Dinner at 1:00pm. No classes. Playtime at 5:00pm. Picnic at 6:15pm. Arrival day for new campers.

Some Sundays we take a beautiful early morning hike to the 'mountain top' on nearby Great Hill.

\*Professional artists/artisans share their knowledge and offer you additional mediums in which to explore and develop your creativity.

### **More To Know**

**Waiver:** Upon arrival all campers will be asked to sign waivers releasing the Noyes School from all liabilities. Campers must take full responsibility for their own safety within buildings, on camp property, and at the waterfront.

**Swimming and Boating:** In order to minimize the possibility of accident we ask that you:

- 1.Never swim or boat alone,
- 2.Refrain from topless bathing or nude sunbathing which is not acceptable to our neighbors on Great Hill Pond.

**Poison Ivy:** Unfortunately poison ivy lies in wait to the right and left of some camp

paths. If you cannot recognize poison ivy be sure to ask someone.

**Lyme Disease:** New England is known to have deer ticks infected with Lyme Disease. We suggest campers make daily checks for ticks and take daily hot, soapy showers. There are spray dispensers containing Dr. Bronner's Eucalyptus soap in each stall available for your use.

**Tent and Cabin living:** Our tents have thick canvas walls and sturdy platform floors. Our few cabins are of varying sizes and have screen windows. They are provided with lamps, shelves, beds, blankets, wastebaskets, basins, cups, and buckets.

1. If you are in a tent, please help us by shaking out the tent flaps once a week or after rain.

If you do not do so, you encourage mice to make nests and eat holes.

2. Small creatures look forward to your arrival because they know food is sometimes stored in tents or cabins. There is a campers' refrigerator and an animal proof container in the cellar of the house where a small amount of personal food may be stored.

1. Lanterns should be kept away from tent flaps and should never be left unattended. Lanterns must be extinguished before going to sleep. Please refrain from using candles in tents or cabins.

**Pavalon:** The beautiful Twitchell Pavalon is a covered open-air dance floor located in the woods. In order to preserve the floor, please remove your shoes and heavy jewelry before dancing. Help us to keep the rails clear of objects by placing your things on shelves outside the Pavalon. Before recording music or classes at the Pavalon, permission must be obtained from the pianist as well as the Director of Rhythm. Also, please ask before taking photographs.

**The Schoolhouse:** The schoolhouse is used for artwork. If you wish to use the building, check with the Camp Manager to obtain the key from the trunk room. After using the building, please relock the door and return the key.

**Bathroom Facilities:** Campers living in tents or cabins mainly use the the "Little House" down the hill towards the Pavalon, or "The Baths" nearer to the Farmhouse. There is also a small bathroom in the Farmhouse, mainly for use by the staff and house dwellers. Personal items such as towels, soaps and shampoos are to be carried in and carried out of the bathrooms by each camper so as not to clutter these communal spaces. You may do hand laundry at the Little House.

**Quiet Hours:** 10:00pm to 7:00am is a designated quiet period. Night-time tent parties are fine, as long as quiet is preserved. Rest hour is also a quiet time and begins after the mid-day meal until 3:00 pm.

**Recreation Room Stationery and Books:** A variety of postcards and stationery featuring historic photos and art by Noyes School members are usually available in the Farmhouse recreation room (on the second floor). You can also purchase Rhythm for Dance and Art, the central text of Noyes Rhythm Technique and Florence Noyes' philosophy.

**Men at Camp:** Shepherd's Nine is designed for women of all ages and professions. Provision is made for men at camp during co-ed week. Consult the website for dates. Saturday Recreation class is often open to men wishing to experience Noyes Rhythm. Please give the community advance notice so that we may be welcoming of guests.

**Wednesday Afternoons:** Every Wednesday, after the mid-day meal, there are no scheduled camp activities for the remainder of the day. Campers are free to explore the beautiful Connecticut countryside by hiking or driving. Brochures of local restaurants and places of interest are available in the Recreation Room.

**Parking:** Parking is available in the campers' parking area located on Penfield Hill Road halfway between Shepherd's Nine and Shepherd's Green. Parking alongside the farmhouse is for staff and just-arriving guests only.

**CAMPUS MAP**