



Camilla Maling

Embodiment Inquisitor

Adventures In The Field™ Melbourne Workshop Information

Part One: Degustation – Sat 4th June

Saturday 12:30 – 5:30pm

This is how we begin. This is a type of introduction - to my work, each other, the model and me. Together we survey the field, familiarising ourselves with the wefts and warps of our texture cultivating our awareness and possibly venturing new ground. We tickle the surface of the nine zones.

We will flow in and out of movement investigations, hatha yoga and playful enquiry. Expect to slither and roll, breathe and spiral, frolic, draw, encounter each other, listen, feel and share. This is an invitation... unbuckle your expectations, slip into your adventure suit and slide on into a space where anything can happen and it's yours for the taking. This stuff is not made up; it is the stuff of your make up. Get ready to know the field.

PART TWO: The Meeting - 1st – 3rd July

Friday 7-9pm, Saturday 12.30 - 6.30pm, Sunday 1-3pm

We tasted, we savoured, we appreciated...now it is time to reassemble and dig the field!

Adventures in The Field is a cumulative process, one crossing will reveal so much, another more, and so on until you know this landscape like you do the back of your hand. This is a process of tonification. Attune & tone up.

There are nine zones to explore, so let's explore! In this weekend workshop you have the opportunity to go deeper, to take your time, to discuss and explore intimately what's coming up. This work is deeply therapeutic, a rich research space, an opportunity to play. You are free to dive, delve and generally have a good look around. It is your chance to flesh out your map and commune in an expanded, softened, heightened, unfettered space of you.

You will learn about what it is to cultivate and sync up your knowing - psyche, soma & experiential. And how these are fundamental to really inhabiting you and this world of ours.

I can see you're intrigued but not quite clear what all this is about...great. You don't get this work by reading about it, thinking or talking about it, you have to experience it. After all life is in motion and you are the field. Inhabit the work to inhabit you. We both know that the real meeting occurs inside the work.

Together we traverse this meaty, energetic, fluid, spacious, mindful, emotional imaginative human being that is you.

Any further questions feel free to give me a call: 0421 916 802.