

Friday to Sunday, Oct. 16 to 18, 2026 at Tanglewood 4H Camp, Lincolnville, Maine

Keeping a flow of movement is an integral and necessary part of life. It comes in many forms on different energetic levels. It includes not only physical movements that help release tension, improve our circulation, posture, and stamina, but many ways to regenerate the subtle energy body. On one hand you have physically active practices like walking, stretching, dancing, swimming, posture bodywork, somatic practices, contact improv, aquatic therapies, and massage. On the other hand, you have forms of movement that involve breathing, sound vibrations, heat therapy, laughter, kinetic practices, singing, yoga, chi gong, martial arts, and other ways of activating vital energies that help us move the breath, feelings, emotions, and thoughts while expanding our awareness and transforming our spiritual sense of wellbeing. Many of these practices can be done alone or in a group and are well worth exploring

Illustration by Dan Kirchoff

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