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# MOTION INSTITUTE

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## Theater that Connects

### *Quick Links:*

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### **WORKSHOPS**

#### **MOTION THEATER IMMERSION**

May-December 2014

[Click](#) to register

#### **MOTION THEATER IN CANADA**

June 14-15

[Click](#) to register

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### **Hi Motion Friends and Fans;**

I am fresh from New York City (where we had a fabulous Motion Theater workshop and I gave a couple of back-to-back solo performances in a quirky performance venue south of Houston.) I am happy to report that the wheels of change are visible from coast to coast. The Lower East Side is bursting with tiny artisanal bakeries, organic juice bars and charming restaurants and cafes, community gardens, and designer-owned boutiques featuring handmade and up-cycled fashion. WE are the ones who are going to usher in a world built on the most basic of human values: kindness, compassion, care, generosity, and the kind of joy that emerges from original self-expression. It is time to build a revolution that protests rampant greed with thousands of us dancing in the streets, that insists on sustainable energy by all of us joining in song, that celebrates community by coming together and telling our life stories to each other--living our lives aloud.

Motion Theater is a way to celebrate being human through sharing our tales of the ten thousand joys and ten thousand sorrows we encounter in this precious life. And by sharing these stories, we are empowered to go out and make the world a better place for all future generations.

Join us. Together, we will create the solution for which we all long.

Blessings,  
Nina

## LAST CHANCE FOR IMMERSION

Intensive workshop series starts May

23



### **Improvisation as a Spiritual Practice**

*Seriously Fun | Curiously Addictive*

Motion Theater is playful, mindful self-expression where you're likely to experience a freer more spontaneous you.

Simultaneously performance art and a refreshingly authentic spiritual practice, Motion Theater is a way to transform your life through soulful and lively self-expression.

Immerse yourself in both the therapeutic and artful aspects of Motion Theater as you hone your skills in movement, storytelling, voice, spontaneity, public speaking and perhaps most importantly, a sense of relaxed presence that will inform all areas of your life.

For actors, dancers, therapists, visual artists, performance artists, writers, activists and those simply wishing to experience the kind of well being self-expression alone delivers. (The Motion Mood Elevation Effect: MMEE)

**MOTION THEATER IMMERSION 2014  
with Nina Wise & Maria Freebairn-Smith**

**Six weekends**

(Fridays 6-10pm, Saturday & Sunday 10am-6pm)  
and one **five-day retreat** (10am-6pm daily):

May 23-25

June 20-22

July 18-20

August 15-17

September 12-14

October 31-November 2

December 5-9 (retreat)

Classes take place in Berkeley and San Francisco

Full curriculum, info & registration [here](#)

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*"Motion Immersion initiated me into a new world of pure awareness I'd never before experienced."*

*- Julie R., Motion Theater student*

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**MOTION THEATER IN THE  
YUKON**

**Tempting, right? Come join us in June!**



Experience the midnight sun in the pristine Yukon landscape of Sundog Retreat, an award-winning 65 hectare property in Canada's North.

This weekend workshop includes relaxation, meditation, movement, singing, storytelling, and theater games. You'll leave with an enhanced sense of well-being in both your personal and creative lives.

**MOTION THEATER WORKSHOP**  
with Nina Wise  
**SUNDOG RETREAT**  
**WHITEHORSE, YUKON, CANADA**  
**June 14 - 15, 2014**

Cost \$250 (includes brownbag lunch)

Register/info at:

867.633.4183 / [www.sundogretreat.com](http://www.sundogretreat.com)

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Need more information? Call 415.459.3766 or [email us](#)

**Motion Institute** is a 501c3 non-profit and exists for and through its connection with you. Find ways to contribute [here](#).

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