

## APPLICATION INFORMATION

### Date

July 5-9, 2017

### How to Apply

Visit [www.healthybodyclearmind.com/dance-retreat/](http://www.healthybodyclearmind.com/dance-retreat/)  
Print and submit registration form with your nonrefundable deposit (\$100) or full payment (\$395). You may pay by check or thru PayPal (+fee). Upon receipt of your deposit, we will send you more information via email.

### Accommodations

Ample camping space is available and encouraged. You must bring all camping gear. There are a limited amount of beds in the communal living space for those unable to camp, available on first-apply basis. The rustic house is equipped with a full kitchen and a shared bathroom.

### Food

Cost of retreat includes an organic catered dinner each night.

### Massage

We have a professional massage therapist on site. You may sign up in advance on the registration form.

### Cancellation policy

Your \$100 deposit is not refundable. No exceptions. Full payment due two weeks before retreat. If you cancel after the full payment due date there is no refund.

### Questions

Contact Jessica Adams at 415-640-5857 or [healthybodyclearmind@gmail.com](mailto:healthybodyclearmind@gmail.com)

### For more information about the artists

[www.healthybodyclearmind.com](http://www.healthybodyclearmind.com)  
[www.danalawtondances.org](http://www.danalawtondances.org)  
[www.danielberkman.com](http://www.danielberkman.com)



Jessica and Dana with accompanist Daniel Berkman.

## SCHEDULE

### Yamuna Body Rolling

Using small balls to roll out tight muscles, you will create circulation and improve range of motion. You'll feel lighter, in better alignment and ready to dance.

### Dance

A modern technique class with a strong emphasis on full-bodied movement, musicality, and rhythm. Each class accompanied with live music, focuses on body alignment, qualities of energy, and the joy of dancing.

### Yoga

A Hatha-based asana class that supports the dancing body. You will learn to deepen your awareness of breathing, alignment, and connection to body, mind, and spirit.

### Pilates

A class emphasizing proper form and alignment, injury prevention, strengthening the body's core, and maintaining optimal muscular balance throughout the body. Using neutral spine placement throughout all exercises, you will develop core abdominal and back strength, improve the use of breath, increase spinal flexibility, build upper body strength, and reduce the body's stress.

### Choreography

This class is designed for both the novice and the skilled. Choreographic tools are utilized to support the creative process. We will explore the elements of nature as a means for inspiration and creativity. Throughout the weekend you will have the opportunity to perform your site-specific dances on the land.



### Mornings

Breakfast/Sauna  
Yamuna/warm up  
Modern Dance  
Pilates/Yoga

### Afternoons

Lunch  
Choreography  
Free time  
Extra class

### Evenings

Dinner  
Sauna  
Campfire  
Dancing



## Retreat Reactions

"This was my dream vacation/retreat. There is nothing better than dancing in a supportive, loving community guided by intelligent, caring, daring teachers."

"So very full of love and gratitude. I feel like this made me a better person as much as a better dancer."

"It was challenging, gratifying, informative, supportive and thoroughly entrancing."

"Thank you so much for creating and continuing to invest so deeply in the magical experience- probably the most healing and joyful week of my year."

"I deeply appreciate the level of conscious intention that has clearly been invested in creating a community around a shared artistic practice."

"The environment that you foster here is communal, loving, open and free."





**Jessica Lawing Adams** has been in the San Francisco dance community as a dancer, choreographer and teacher since 1995. Jessica's choreographic work has been produced in many dance festivals and showcases including summerfest/dance, ODC's Pilot and Flight programs, Vision Series, and self produced works. Jessica has worked with Rapt Performance Group, Joe Goode, Kim Epifano, Scott Wells and many others. Her modern dance class stems from her love of being inverted with the interest in building strong technique and expansive movement. Her teaching style is influenced by Joe Goode, Ellie Klopp, and Janice Garrett along with her own desire to inspire dancers to find joy in moving. Since 1991 she has practiced yoga, balancing her mental, spiritual and physical well being. She holds a BFA degree in Dance from California Institute of the Arts and since 2000 has been studying and teaching conscious fitness modalities. She finds inspiration in the human body and is a certified trainer in Pilates, Yamuna Body Rolling and Gyrotonic in San Francisco. [www.healthybodyclearmind.com](http://www.healthybodyclearmind.com)

**Dana Lawton** has been dancing and choreographing for twenty five years. Dana is a founding member of Janice Garrett & Dancers, and has had the honor of performing works by Joe Goode Performance Group, Pauvres Dance, Nina Haft & Company, Rebecca Salzer Dance Theater, and Davalos Dance Company, among others. Awarded Outstanding Performer in the 2000 Vision Series, for her own solo choreographic performance, and nominated for an Isadora Duncan Award (Izzy) for her performance in Garrett's Wayfarers in 2002. Dana was Artist-in-Residence at Shawl-Anderson Dance Center 2006, and founded her company Dana Lawton Dances. Dana created Coasting, in collaboration with Los Angeles-based composer, David Karagianis, was invited to perform at the Isadora Duncan Awards Ceremony at the Brava Theater in San Francisco, the Work Gallery in Brooklyn, New York, The Outlet Dance Project in Hamilton, New Jersey and the Dallas Hub Theater in Dallas, Texas. Lawton holds an MFA in Choreography from Mills College and a BFA in Dance from California Institute of the Arts. She is a tenured faculty member at Saint Mary's College in the Performing Arts Department, a faculty member at Shawl-Anderson Dance Center and a certified yoga instructor. [www.danalawtondances.org](http://www.danalawtondances.org)

**Daniel Berkman** is a San Francisco based composer, multi-instrumentalist, electronic musician and innovator of electro-acoustic music specializing in the Kora (a 21-stringed West African Harp). After studying composition and percussion at the Hartt School in Hartford, Connecticut in the early nineties, Daniel pursued his music career in San Francisco for it's artistic diversity, creativity and opportunity. Between 1998 and 2008 Daniel has written scores for dozens of dance companies and choreographers such as ODC, Kunst-Stoff, Sara Shelton Mann, Lizz Roman, Dandelion Dance Company, Company Mechanique, Stacy Printz Dance Project, Heidi Schweiker, Janice Garrett and many others. He is also a faculty member at San Francisco Ballet. His experience in both presenting live corporate performances and composing private media scores include such companies as Google, Yahoo, Babcock & Brown, The U.S. Marines, Landor & Associates, Millipore and others. Daniel is also a recording artist in his own right with two highly acclaimed CD's, "Calabashmoon" and "Heartstrings", featuring his work with Kora and electronics and available at [www.magnatune.com](http://www.magnatune.com). His debut solo electronic CD "Tape", released under the moniker "Colfax" is now available on iTunes.

# Enchanted Ridge Dance Retreat



a modern-dance retreat in the mountains of northern california

JULY 5-9, 2017  
COHASSET, CALIFORNIA



The mission of Enchanted Ridge Dance Retreat, founded in 1998 by director Jessica Adams, is to bring dancers and nature together. Adams is honored to continue the journey of co-teaching this magical retreat with Dana Lawton and have Bay Area's acclaimed musician, Daniel Berkman accompany all dance classes.

Enchanted Ridge is located in the mountains outside Chico, California. The large home on 27 acres of land nestled in the evergreens of Cohasset are surrounded by lush gardens, a crystal-clear pond, sauna, a dance studio, and much more. It is an inspiring location, perfect for dancers who want to get out of the city and into a creative, relaxed environment. Experience the mountains enjoying fresh air and the beauty of nature.

This retreat promises to be an extraordinary five day journey. Relax into nature, strengthen your modern dance technique, experience somatic arts (Pilates, yoga, Yamuna Body Rolling) and delve deeply into your own choreographic process. After a day of dancing, choose to get a massage, sooth your muscles in the wood burning sauna, swim in the refreshing pond or simply enjoy the glow of the bonfire. Delicious organic catered dinners allow time to socialize, relax and foster a deeper sense of community.

