

Glimpses of Amerta Life Movement Practice  
St. John's Hall, Totnes, Devon, UK - 1 October 2008

Observing the rising of a movement form which has clarity of shape, rhythm and organic momentum.

It manifests in circles, spheres, figures of 8 as well as lines, points and curves which have a beginning, an evolution and end in this space and only at this time.

A sense of travelling through 8 space directions inwardly and outwardly healing breath arising from within out and from out in.

The mind mirrors softly yet follows the shapes as they arise giving way to the inner intelligence that guides it. Occasionally it fixes onto a point close, then moves onto the unfolding of a memory gone. Yet a broader awareness within invites it to return here, to this body-space sculpture of now, this wise vessel, which interconnects all life.

With thanks to all teachers, students and clients.  
Daniela Coronelli