

## Anke Teigeler & Lisa Tsetse

Lisa Tsetse and Anke Teigeler are dedicated students of Janet Adler from 1985/1994 to the present. Both are devoted practitioners and teachers of the Discipline of Authentic Movement and faculty members of Circles of Four since its 2014 inception.

### Lisa Tsetse

Lisa Tsetse has taught and practiced the Discipline of Authentic Movement since 1985 as a pathway to developing embodied consciousness and collective awareness. She co-founded an arts collective in the US in 1979, and since 1997 has been a member of the Stumps Sprouts Collective, a circle of 21 individuals who study and practice Authentic Movement together within a “leader-full” collective. Lisa continues to work within the fields of dance, the healing arts, environmental and nonviolent social justice. At the heart of her dedication to the Discipline of Authentic Movement is her compassionate exploration of the places where our personal and collective journeys meet and become one within mystical practice and where they are present in their own unique expression within each of us as individuals and within community.

### Anke Teigeler

Anke Teigeler started to explore and teach group development in her early twenties. Since that time she remains strongly committed to support and develop conscious embodiment within the individual self and within the individual and the collective relationship. Her dedicated focus on self, collective and the numinous honors the question of how to integrate the Discipline of Authentic Movement into our daily life. She has taught the discipline in several dance therapy programs and longterm retreat groups for many years. Her training as a Laban/Bartenieff Movement Analyst shines through all her work of trusting the wisdom of the body. Anke works in her practice in Wiesbaden as a dance therapist and psychotherapist focusing on creating safe spaces for refugees in the last years.

*The “We in Resonance” arises and becomes visible in moments when entrusting oneself and resting in clear silent awareness with an opened heart becomes an intertwined collective phenomenon. Janet Adler has named this Ceremony.*

*The embodied experience within Ceremony can be one of equally being I and We, all together, simultaneously Receptive and Responding*

*Interconnected in this “spiritual core,” the group - we - becomes the portal into a unitive Non-separation, Open, Undivided within and between us.*  
(A. Teigeler, We in Resonance)

# A practice of Ceremony Together in Presence

## The Discipline of Authentic Movement

in times of the unknown

November 13th, - November 16th,  
2021

with

Anke Teigeler & Lisa Tsetse

Informations about the Discipline of Authentic Movement:  
[www.disciplineofauthenticmovement.com](http://www.disciplineofauthenticmovement.com)  
[www.anke-teigeler.de](http://www.anke-teigeler.de)

# Together in Presence

## RETREAT INFORMATION

### DATE

Saturday 13th - Tuesday 16th, November 2021

### PLACE

Germany - Isle of Frauenwörth, Seminar area of Abbey of Benedictine (Chiemsee South Germany / near Munich)

### SILENCE

The retreat will be held in silence.

### TEACHING LANGUAGE

English

### TIMES

Saturday	10 am - 7 pm
Sunday/Monday/	10 am - 7 pm
Tuesday	10 am - 6 pm

(Retreat practice 6 hours each day)

### ACCOMODATION & FOOD (per day)

Single rooms: 35-60€/day Food: 45-50€/day

### COSTS

540€, no one will be turned away due to economic challenges. A limited number of work-study scholarships and reduced fees are available according to individual needs with no questions asked.

### REGISTRATION & INFORMATION

Early registration is encouraged to reserve your space; no one will be charged in the event of a shutdown. Requests for support must be made in advance directly to Anke or Lisa by email.

For further information or registration, please contact Anke Teigeler by mail [info@anke-teigeler.de](mailto:info@anke-teigeler.de) or phone (+49) 163 1715593

## This retreat offers time and space for embodied inquiry toward:

- How do I practice conscious relationship to self, the collective and the unknown in the vast uncertainties and confusion of living with environmental climate change and Covid-19?
- How do ceremony and the practice of collective awareness invite and support us in the mystical and spiritual aspects of the Discipline?
- How might clear silent awareness and deep listening support us in becoming part of an interwoven vessel of the numinous?
- Who or What is it that witnesses us while we commit to staying present in the midst of not knowing?

## This retreat welcomes all

- Experienced practitioners and students
  - Learners, Blessed Teachers and Faculty of Circles of Four
- of the Discipline of Authentic Movement
- Who long to turn toward each other and all others with resonance and trust, to practice and reflect from embodied relational awareness.
  - Who hold questions of the interconnectedness and intertwining of collective work, direct experience and mystical practice in their personal development and in their teaching practice.