

Anke Teigeler & Lisa Tsetse

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

Lisa Tsetse

Lisa Tsetse has taught and practiced the Discipline of Authentic Movement since 1985 as a pathway to the somatic embodiment of developing consciousness and collective awareness. She co-founded a non-profit dance and multi-arts collective in the US in 1979, where she guided creative process, decision-making and group dynamics, and co-developed the Community Authentic Movement Long Circle in 1995. Since 1997 she has been a member of the Stumps Sprout 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 and where these journeys 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 for children and young adults.

Together in Presence

A practice of ceremony

*For each individual to come toward
correct relationship to the whole,
there must be enough
“good enough” inner witnesses.
I strongly agree with Thich Nath Hanh
when he says
the next Buddha will be the Sangha –
the community of practitioners.
(Janet Adler in *Toward the Unknown*)*

Discipline of Authentic Movement Thematic Retreat

November, 6th - November, 8th, 2020

with

Anke Teigeler & Lisa Tsetse

Together in Presence

RETREAT INFORMATION

DATE

Friday, November 6th - Sunday, November 8th, 2020

PLACE

Germany - Wiesbaden (near Frankfurt airport)

LOCATION

Seminar house - Haus am Schlosspark
Am Schlosspark 23, 65203 Wiesbaden

TIMES

Friday 10 am - 6 pm

Saturday 10 am - 6 pm

Sunday 10 am - 6 pm

(1pm - 3pm lunch break Saturday & Sunday)

ACCOMODATION

B&B nearby & sleeping places in the Retreat Center

TEACHING LANGUAGE

English

COSTS

390€ (Please, do not hesitate to ask us if you require assistance)

INFORMATION & REGISTRATION

For further questions or registration, please contact Anke Teigeler by mail info@anke-teigeler.de or phone (+49) 0611 2618059

Informations about the Discipline of Authentic Movement:
www.disciplineofauthenticmovement.com
www.anke-teigeler.de

This retreat offers time and space for the following questions

- How do I practice conscious relationship to self, others, the collective and the unknown in the shared historical challenges, confusion and chaos of our times?
- What is the contribution of collective forms such as the declaring circle and the long circle to the evolving nature of ceremony? How are the roles of mover and witness present in ceremony?
- What are the connections between collective presence and ceremony in the Discipline of Authentic Movement as mystical practice.
- How might silence help us open the space into clear silent awareness? How might clear silent awareness and deep listening support me in becoming part of an interwoven vessel of the numinous?
- Who or What witnesses us while we commit to staying present in the midst of not knowing? What is this energetic presence that is we and is not we, as we come into resonance with each other and the whole?

This retreat approaches these questions and welcomes participants into the safe and supportive container of the Discipline of Authentic Movement. The personal and the collective express themselves as a sense of collective presence emerges and invites us to become aware of our vital oneness.

This retreat welcomes all

Learners, Faculty and Blessed Teachers of Circles of Four

Experienced practitioners and students

of the Discipline of Authentic Movement

- Who want to explore and develop together a deeper understanding of embodied consciousness within individual and collective presence
- Who long to turn toward each other and all others with resonance and trust, to practice and reflect from embodied relational awareness.
- Who are committed to deepen their experience of group practice within community.
- 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.

