

## Grail Haven and L<sup>2</sup> Dance Theater Present:

### The Labyrinth Project: A spiritual journey from community into self



#### Three Events:

**Anna Halprin's Planetary Dance** The Planetary Dance is a communal ritual for healing created by dance pioneer Anna Halprin. This is a designed, pedestrian activity that consists of walking, jogging and/or running (tailored to your comfort level) for a shared intention. Let us come together as a community and utilize the power of art to promote peace within our world.

**L2 Dance Theater Presents: Into The Rose** Created as a cross-disciplinary, multigenerational, interdenominational work, this dance explores the journey into the center of the labyrinth charting our human struggle against distraction.

**Self-Care/Massage** : Closing out the event LMT, Lisa D. Long will lead participants in a brief, partnered, fully clothed, massage. Working from both an Eastern and Western perspective, we will work to restore harmony to the body by the physical and energetic systems.

**WHEN:** August 8<sup>th</sup> and 9<sup>th</sup> 7:30 pm

**WHERE:** Rue de Pech, 11200 Escales, France

**DETAILS:** Wear comfortable clothes and shoes that you can run/jog/walk in for 20 minutes. Bring water. Link to more information about the history of this dance <http://www.planetarydance.org/the-story>