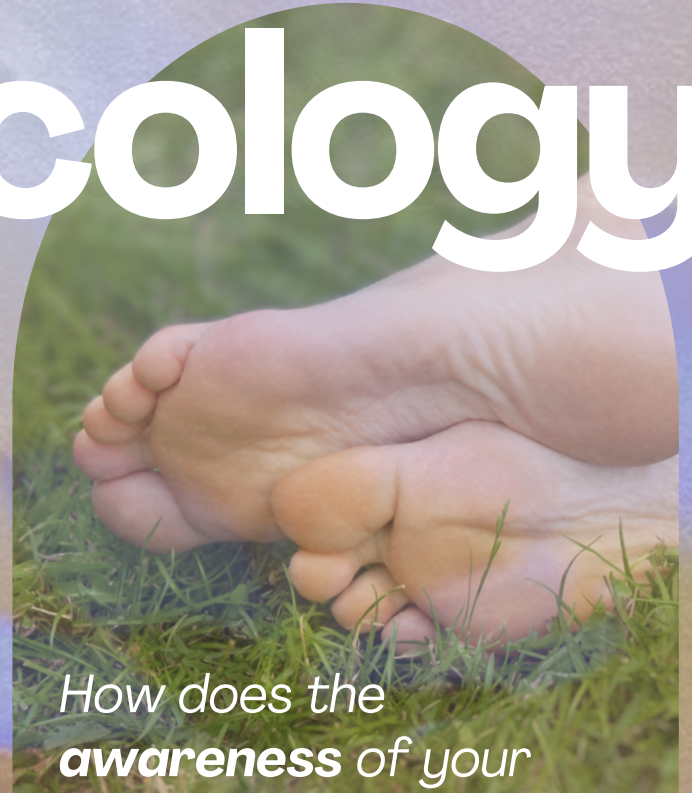


KICKAPOO VALLEY RESERVE PRESENTS

# BodyEcology

## Spring

A movement workshop honoring how our bodies relate with the natural environment.



How does the **awareness** of your mind and body affect your relationship to place?

Embodied somatic practices inviting our breath, touch & sensory explorations help us understand our anatomy as an ecosystem. Walk and wander through abundant spring surroundings and invite a sensory-filled immersive experience with the wildness in us and around us.



WORKSHOP INSTRUCTOR:

**Mandy Herrick**

18th May

Class will be held both indoors and outdoors. We'll begin at the Visitor Center, and then venture outdoors. Dress for the weather.

**1-3 pm**

**KVR Visitor Center**

S3661 State Highway 131,  
La Farge, WI 54639  
Tele: 608-625-2960



**REGISTRATION:** \$20/person

**Register here:** <http://kvr.state.wi.us/>