The Department of Dance Chair Jacqueline Shea Murphy invites you to attend these workshops:

Award winning Artistic Director/Choreographer Rulan Tangen of DANCING EARTH, the nation's foremost Indigenous contemporary dance ensemble, and two DANCING EARTH company members, offer two Indigenous Dance movement workshops on the UCR campus:

**Tuesday, April 23, 12:40 to 2 p.m. ARTS 100**  
**Thursday, April 25, 12:40 to 2 p.m. ARTS 100**

Interested students and members of the UCR community are welcome to attend either or both workshops

**WORKSHOP DESCRIPTION:**

Tangen teaches movement exercises rooted in Indigenous worldview, drawn from cultural exchange Tangen has undertaken with Indigenous peoples and philosophies worldwide. These are integrated in an atmosphere of respect, discipline, playfulness, and challenge. "The intention is health and wellness of our people through culturally informed movement arts practices," Tangen writes.

The workshop opens with a series of postures with slow moving transitions, based on Indigenous iconography and cosmology, in which participants breathe life into stillness and vitality into ancient forms. Then we will move in the seven directions of the medicine wheel to expand and orient body, mind, soul and emotions to inner and outer landscapes. Movement language will emphasize breath -- centering on "Woniya" (breath of life) -- imagination, groundedness, and on the spine as a location of embedded stories of identity and ancestral knowledge. We will then use repetitive migration steps to move through the room and gather with movements and sounds symbolizing other elements: fire, earth, and the flow of water. Workshop culminates with repertory from DANCING EARTH, adapted in collaboration with participants.

Sponsored by the Costo Chair in American Indian Affairs, the Dance department, and Native American Student Programs.