

Bodywork for Weavers and Fiber Artists!

- A video workshop by Dancer and Fiber Artist Tracy Penfield

*A gentle program of stretching
Visualizations to integrate body, mind and spirit
For enhanced creativity, energy and a balanced wellness*

BACK ACHING after hours at the loom? **Neck?** **Shoulders-all over?** **Do you lose circulation** in some part of your body while weaving? **Does warp tension seem to transfer itself to you** - and then snap like a warp thread? **Despite the prevalent notion that weaving is an easy, gentle activity, these are common weaver's woes. Learn relaxing, yet invigorating ways to avoid them.**

From her home and studio in central Vermont, Tracy Penfield brings full circle her 20 years as fiber artist and dance educator to share her personal kinesthetic process. She gives an hour-long demonstration of the basic practice at an easy-to-follow pace.

Using breathing, centering, stretching and strengthening methods, Tracy integrates imagery for the mind and spirit, thus creating a "whole being" approach to this all-important issue. She has developed tools which are practiced right on the loom bench. Creativity is stimulated via kinesthetic awareness - playing with generators like "weaving in space" and "moving your ideas." These are fun exploration, not tedious exercises!

By no means exclusively for weavers, this material is relevant to anyone who spends sedentary hours doing any type of fiber work or seated at a computer.

Workshop leader Tracy Penfield began to explore expressive motion in 1977, as a relief from long hours at the loom. Discovering a personal gift and a new galaxy of creative possibilities, she dove headlong into dance. Tracy continues to balance fiber work and dance by creating sets and costumes for her performances. She is founder and Artistic Director of the interdisciplinary ensemble, Pendium; her woven and knotless netted fiber art has been on display in numerous solo and group shows. From her Chelsea, Vermont home, Tracy travels regionally and beyond to perform, teach and exhibit her work.

To Order: Contact SafeArt at info@safart.org or 685-3138

Cost: DVD - \$29.95, Shipping - \$5.00