

## Table of Contents

- 7                    **Reflections on Planning and Facilitating  
Creative Motion® Workshops from a  
Community Music Perspective**  
*by Raychl Smith*
- 18                   **A seed falls by a rocky terrace**  
*by Karen K. Gossett*
- 19                   **Improvisation and Creative Motion®**  
*by Harold V. McKinney*
- 24                   **Improvisation and Creative Motion ®:  
Do They Relate? The Value of a  
Small Group Study**  
*by Robert C. Smith*
- 28                   **My Journey with Improvisation  
One January Weekend**  
*by Elizabeth Wallace*
- 32                   **Body Tuning for a Weekend Workshop**  
*by MaryAnn Fritz*
- 36                   **Why Have A Creative Motion® Workshop?**  
*by Justin Isenhour*