

## Deep Time Walk and Dance for Earth Day 2023

**When:** Earth Day, Saturday 22 April 2023, 2.30pm-7pm

**What:** A shared experience called a 'Deep Time Walk' leading into an opportunity to dance/improvise together within a rocky outdoor setting. There will then be time to reflect, talk and share food before walking back to our starting point. (Total walking distance: 6 miles approx.).

A 'Deep Time Walk' is a transformative journey through 4.6bn years of Earth history via a 4.6km walk, where each metre you walk equates to 1 million years. Using the kinetic movement of walking, the experience offers a bodily sense of the vast amount of time it has taken for life on Earth to evolve.

We will jump back in time and then walk to the present. There are a number of stops or Earth Stations on route. At each Earth Station we will learn something of Earth's deep time history and are offered suggestions for reflection and creative response. You are invited to facilitate one or more of these stops, reading some text provided and leading us in a brief activity if you wish.

The Deep Time Walk Project is co-created by Stephan Harding and Sergio Maraschin at Schumacher College: <https://www.deeptimewalk.org>  
(N.B. We won't be using the App for our event, but you may want to do so in your own time.)

Dance/Improvisation: *Connection, Interdependence, Thick Copresence, Slowness, Stillness, Solidity, Fluidity...*

Opening our awareness to how it feels to be in this specific place and time... giving attention to the rock around us and to our own mineral composition... sensing our impulses to move... responding to sounds, sensations and each other... following what emerges...

*"We are part mineral too – our teeth are reefs, our bones are stones – and there is a geology of the body as well as of the land."* Robert MacFarlane.

Musicians are invited to improvise in relationship to the movers and the environment. Everyone is welcome to participate and/or observe as they wish.

**Where:** Shaftoe Craggs, Northumberland

Starting from: Bolam Lake Country Park, NE20 0HE (16 miles north west of Newcastle) Google Maps: <https://goo.gl/maps/zHAZCKLCdkrQVufbA>

**Parking:** Bolam Lake Country Park has 3 car parks. We will **meet in the Boathouse Wood Car Park** – by the Visitor Centre/Café and toilets. Parking (for 2+ hours) is £4. Please car share if possible. Map: <https://tammytourguide.files.wordpress.com/2015/08/shaftoe.jpg>

**Come prepared:** Please wear comfortable clothing (layers) and footwear suitable for a country walk and dancing. Dress appropriately for the weather conditions and bring a backpack with wet weather gear and sun protection.

**Food:** Everyone is invited to bring some food for a pot-luck shared picnic. Please bring water / a drink. A plastic plate and cutlery may be useful.

**Musicians:** Please bring instruments light to carry.

**Note:** No toilet facilities except those at the start point.

**Health & Safety:** Participants do so at their own risk. Liz Pavey will undertake a risk assessment and will provide a verbal Health & Safety briefing at the beginning of the event and before the dance practice commences. At all times, please engage with care and consideration for your own safety and that of others. You are welcome to rest or to withdraw from participation at any time. If you have any concerns, please bring these to Liz's attention immediately. Also, please let her know in advance if you have any specific health conditions or medical needs that she should be aware of.

**Questions:** Please email me at [liz.pavey@northumbria.ac.uk](mailto:liz.pavey@northumbria.ac.uk)

Background:

*"At it's best, a deep time awareness might help us to see ourselves as part of a web of gift, inheritance and legacy stretching over millions of years pasts and millions to come, bringing us to consider what we are leaving behind for the epochs and beings that will follow us"*  
Robert MacFarlane *Underland* p.15

"Every atom in this body existed before organic life emerged 4000 million years ago. Remember our childhood as minerals, as lava, as rocks? Rocks contain the potentiality to weave themselves into such stuff as this. We are the rocks dancing."  
John Seed *Thinking Like a Mountain* p.36

I first heard about the Deep Time Walk when listening to episode 2 of the Long Time Academy, a fabulous series of podcasts (and more): <https://www.thelongtimeacademy.com/>

Last November I invited a small group of dancers to join me to for a durational improvised performance for the Being Human festival at the Great North Museum Hancock (<https://lizpaveydance.wordpress.com/living-stone/>). Dancers performed for approximately 3.5 hours in relationship with the museum's Frosterley Marble. This rock from the Carboniferous Period about 325 million years ago, is a black limestone containing fossilised corals. This experience has fostered my interest in how embodied experience can help us think long time appreciating our connection to deep time and reflecting on our responsibilities to future generations, other species, and the deep future of Earth.

Liz Pavey