

# **Audicia Lynne Morley**

**MRSS(T), RCST, CICA**

Audicia is a fully qualified and registered practitioner and teacher with over 30 years experience in the disciplines of movement and the healing arts.

Inspired by a deep interest in bridging Eastern and Western approaches to energy and the body she continues to research, study and work with renowned teachers and practitioners around the world.

In 1990 she co-founded [State Theta - Collaborative Arts Performance Company](#) and in 2000 co-founded a full-time training programme in [Shiatsu](#).

Since 1996 she has run a successful private practice in complementary health.

In 2005 she began work on the vision to establish a dedicated creative environment for the development of movement, health and the arts in East Lothian in order to benefit personal, community and professional well-being.

Audicia is also a graduate of the [Tamalpa Institute](#), California and a [Planetary Dance](#) facilitator.



[Movement Summary](#)  
[Bodywork Summary](#)

[Movement Detail](#)  
[Bodywork Detail](#)

[T'ai-Chi Chuan and Chi Gung Training](#)

[Professional Dance Work](#)

# Movement Summary

[\(A detailed movement history is available here\)](#)



## General background

Audicia's parents and grandparents were involved professionally in theatre and dance and these creative roots have greatly influenced and directed her inner passion for movement, leading her on a continuous journey of study, travelling, teaching and performing.

Movement studies include:

- Contemporary Dance
- Butoh Dance
- Contact Improvisation and Release Technique
- T'ai-Chi Chuan
- Yoga
- Pilates
- Chi Gung

Somatic studies include:

- Body-Mind Centering
- Authentic Movement
- The Alexander Technique
- Tamalpa Life Art Work

After completing a 3 year Dance and Theatre Arts training at London University Audicia went on to study [T'ai-Chi Chuan](#) and [Yoga](#) in The Far East.

On returning to the UK she was invited to perform at the Edinburgh Festival and since then has been resident in Scotland.

She has worked for many Performance, Dance and Theatre companies as performer and choreographer including [The Rosemary Butcher Dance Company](#) and in the early-nineties she formed her own ensemble ([State Theta - Collaborative Arts Performnce Company](#)) performing and teaching throughout the UK.

In 1996 she began Somatic Movement Studies at the Fellside Alexander School, Cumbria under the pioneering directorship of Don Burton and subsequently travelled to the US to study [Body Mind Centering](#) with Bonnie Bainbridge Cohen.

In 1999 Audicia began studying with [Anna Halprin](#) and the [Tamalpa Institute](#) California and was invited onto the graduate board of directors between 2003 and 2009. She completed the leadership programme in the [Tamalpa Life Art Process](#), a movement based expressive arts program.

## **Audicia Lynne Morley - Curriculum Vitae - Movement and Health**

*Movement Summary continued...*

After three years of renovation [State Theta Galleries](#) opened its doors to the public and, as Artistic Director of the project, Audicia teaches weekly classes in [Pilates](#), [Yoga](#), [T'ai-Chi Chuan](#) and [Chi Gung](#)

In 2010 Audicia participated in the [First Planetary Dance](#) facilitators workshop with Anna Halprin in California. Audicia has since presented the Planetary Dance at major conferences, community events and ceremony teachings.

Audicia works closely with dancers in California under the mentorship of [Anna Halprin](#) and researches her own creative work. She has been sponsored by the [Scottish Arts Council](#) to produce performance works and study.

Acknowledging roots and respecting teachers >>>



# Bodywork Summary



[\(A detailed bodywork history is available here\)](#)

Audicia is Artistic director of State Theta Galleries and Delicate Zen Complementary Health Clinic.

She holds the following bodywork qualifications:

- Fully registered and qualified practitioner and teacher with the [Shiatsu Society](#). **MRSS (T)**
- Post Graduate in [Movement Shiatsu](#) and the Six Forms of Touch.
- Post Graduate in Craniosacral Therapy. Registered with the [Craniosacral Association](#). **RCST**
- Certificate in Clinical Aromatherapy. **CICA**
- Diploma in Lymphatic Drainage Massage **Dip.LMD**
- Diploma in On-Site Massage. **Dip.OSM**

Through [Delicate Zen](#) she runs a private practice in:

- [Shiatsu](#)
- [Aromatherapy](#)
- [Craniosacral Therapy](#).
- [Lymphatic Drainage Massage](#)

Audicia is graduate in the [Halprin Life Art Process](#) from the [Tamalpa Institute](#), California.

As director of SEED (Scotland) since 1998 she has run the following courses;

- Experiential Anatomy
- Movement for Health
- Movement Shiatsu and The Six Forms of Touch
- Movement Ritual and The Blue Woman Workshops

Over the years she has worked in major corporations offering massage and movement for stress management.

In August 2010 she was invited to join the new [team of SEED teachers](#) and will be assisting on both diploma and [post graduate trainings](#) from 2011.

Audicia is a facilitator of [The Planetary Dance](#) - a community dance ritual for healing.

# Detailed Movement History

## Movement Trainings and Teachings

1977-80 University of London. Diploma in Dance and Theatre Arts.

1980-90 Freelance Performer and Choreographer with dance theatre companies.

1982 Began studying at the British School of T'ai-Chi Chuan in London and continued this study with various teachers in Hong Kong, mainland China and Taiwan between 1987-89.

1982 - present Open dance classes in:

- Contact improvisation
- Release
- Contemporary technique
- Ballet

1985 - present Hatha Yoga. London and Scotland.

1986 Butoh Dance. Japan, France, U.K. (Kaso Ohno, Ko Murobushi, Mintanata Bodyweather)

1987 Was awarded an Arts Council training bursary to study T'ai-Chi Chuan and its relationship to dance.

1990 Founded State Theta, Collaborative Arts Performance Company as a development of research into T'ai-Chi Chuan and dance.

1993-95 Studied at the Fellside Alexander School in Cumbria on a one year developmental course and subsequently went on to do the first year of a three year teacher training course in the Alexander technique.

Whilst attending the school, taught Movement Shiatsu and its relationship to the Alexander Technique as part of the teacher training programme.

1996-97 Studied with Indonesian Dance masters, Ben Suharto and Suprpto Suryodarmo, in Healing Movement and Amerta Movement.

1999-2002 Body-Mind Centering in the US with Bonnie Bainbridge Cohen. Berkeley, California and Amherst, Massachusetts

Certified Practitioner Programme:

- The Skeletal and Organ Systems
- Developmental Patterns and Primitive Reflexes
- The Ligamentous and Fluid Systems
- The Nervous and Endocrine Systems
- Studying Movement through the first year of life

1999 Awarded Scottish Arts Council Choreographic Development Award.

Performance *Teetering on the Edge of Stillness* an enquiry into the emergence of cellular life and death based on BodyMind Centering work.



## **Audicia Lynne Morley - Curriculum Vitae - Movement and Health**

*Detailed Movement History continued...*

2000 Expressive Arts Therapy and Education.  
Anna Halprin - The Tamalpa Institute. USA.

2001 Level 1 training at The Tamalpa Institute, California.  
(Scottish Arts Council Training Bursary)

2001 Scoring and Movement Ritual with Anna Halprin.  
California.

2003 Authentic Movement with Zoe Avstreich. The Naropa  
Institute, Boulder, Colorado.

2003 Attended the 25th Anniversary Conference for The Life Art  
Process. California.

2003 Began studying various styles of yoga in particular the work of Vanda Scaravelli

2003 European Contact Improvisation Teacher's Conference. Findhorn, Scotland.

2004 Attended and performed at ECITE conference in Greece with choreographer and director  
Dieter Heitkamp from the Goethe Institute in Berlin.

2004 Attended BodySurf Scotland New Year event. A contact improvisation and 5 rhythms retreat.

2004 Scottish Arts Council bursary to attend Advanced Workshop lead by Daria Halprin in Hawaii.  
Assistant to Daria in public workshops.

2005 Attended advanced workshop in the Life Art Work in Switzerland. Led by Daria Halprin

2006 Began working on creating a dedicated space for Movement and The Healing Arts in East  
Lothian.

2008 Qualified in Pilates matwork with the [Pilates Foundation](#) UK

2009 Certificate of completion: 120 hours Yoga training with [Marc Woolford](#) ([Scaravelli](#) approach)



## **Audicia Lynne Morley - Curriculum Vitae - Movement and Health**

### **T'ai-Chi Chuan and Chi Gung Training**

1982 - 1990 Trained at the British School of T'ai-Chi Chuan under the direction of John Kells studying Yang style short and long forms, left and right plus Darlou and Energy work.

1984 - 1986 WuTan school of T'ai-Chi Chuan , Scotland under the direction of Sifu Ian Cameron. Wu style square and round forms.

1986 Received bursary from Scottish Arts Council to study T'ai-Chi Chuan and its relationship to dance.

1986 WuTan T'ai-Chi Chuan. Hong Kong and mainland China under the direction of Sifu Cheng Tin-Hung. Studied weapon forms, straight sword and sabre.

1988 Yunnan Provence, mainland China. Dual T'ai-Chi Chuan and Chi Gung. Grand Uncle Master Yang.

1990 - present Various forms of Chi Gung from visiting specialists including Zen Jing in both the UK and USA.

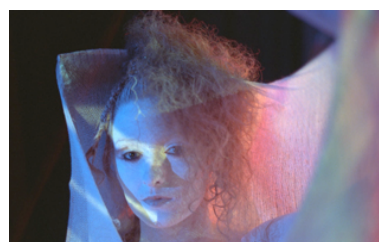


## Audicia Lynne Morley - Curriculum Vitae - Movement and Health

### Professional Dance Work

#### State Theta Productions:

- 1989-90 The Transformations Project
- 1990 Just Beyond  
Collaboration with Batik Artist, Jill Denton  
Performance based on Creation and Evolution
- 1990 Daucus carota  
Collaboration with writer Tom McGrath. Based on Celtic mythology.
- 1990 Reply  
Collaboration with actor John Cobb.  
Based on the film 'The Heart of the World'
- 1992-93 The Quartz Cycle  
Collaboration with geologist Dr. Graham Durrant.  
Directed by David Glass. Based on the geology of Scotland
- 1994 The Pilgrimage  
Audio-visual installation. Tain, Ross-shire.  
Designed and installed this computer- integrated light, music and slide show.
- 1995 Gold  
Collaboration with Designer Dorinda Johnson and Gaelic writer DW Stuibhart.  
Directed by Pete Purdey.  
Based on the Kogi people of Colombia.
- 2002 Presentation  
Video retrospective of the work of State Theta. California.



#### Other Companies worked with:

- |              |                              |                         |
|--------------|------------------------------|-------------------------|
| 1981-83      | Media Arts Group             | London                  |
| 1983-86      | Axis Dance Company           | Scotland (co-directed)  |
| 1985-87      | Catalyst Theatre Company     | Scotland                |
| 1986-88      | Tom Yang Company             | Scotland, China, Taiwan |
| 1989-91      | Rosemary Butcher Dance       | London                  |
| 1989         | David Glass Mime Ensemble    | London                  |
| 1989-present | State Theta                  | Scotland (co-founded)   |
| 1990         | Theatre Workshop             | Scotland                |
| 1993         | Royal Lyceum Theatre         | Scotland                |
| 1994         | Scottish Early Music Consort | Scotland                |
| 1995-97      | Group N                      | Scotland and England    |
| 1996         | Sara Porter                  | Scotland                |
| 2002         | Leah Stein                   | Scotland                |
| 2004         | Deiter Heitkamp              | Greece                  |
| 2005         | Mirav                        | Scotland                |

## Audicia Lynne Morley - Curriculum Vitae - Movement and Health

### Choreographies and solos:

1982	Animals	London
1983	Passing	London School of Contemporary Dance -Commission
1983	The Floating Point	Scotland
1984	Lumina	Scotland
1985	Fire Dance	Scotland
1986	Air	Scotland
1987	The Bear and the Unicorn	Taiwan
1988	St. Abbs	London
1988	Shifts	London
1989	Transformations	London
1990	Just Beyond	Scotland
1991	Reply	Scotland
1991	Flute Solos 1	England, Ireland
1992	Flute Solos 2	England
1992	The Quartz Cycle	Scotland, Wales * Scottish Arts Council Funded
1993	Flute Solos 3	England
1995	Gold	Scotland, Wales * Scottish Arts Council Funded
1996-98	Dedicated Solos	Scotland. Dedicated to Ben Suharto
1999	Teetering on the edge of Stillness	Scotland * Scottish Arts Council funded
2002	Ancestors	USA
2004	Voices	Greece

### Choreographic Collaborations:

1983	Forms of Recreation	Axis Dance Company, Scotland
1983	Faces and Hands	Axis Dance Company, Scotland
1984	Shaping Light	Axis Dance Company, Scotland
1985	The Creation	Catalyst Theatre Company, Scotland
1985	Chromosome	Catalyst Theatre Company, Scotland
1985	The Lighthouse	Axis Dance Co. Lindsay John, Tom Yang
1986	Trigon	Axis Dance Co. Tom Yang
1986	View From Here	Axis Dance Co. Tour of Scotland
1986	Egyptian Landscapes	Catalyst Theatre Co
1986	Kuoga	Catalyst Theatre Co.
1986	Dance for Africa	Catalyst Theatre Co.
1986	Why I Chose Red	Sam Ainsley, Lindsay John, Scottish TV
1987	Black Wings	Tom Yang Co. Scotland, China
1987	Making Faces	Tom Yang, Tom McGrath. Scotland
1987	Raj a Jar	Tom Yang Co. Scotland, China
1987	The Faerie Points The Way	Tom Yang Co. Taiwan
1988	Holding Up	John Bradley(painter) & Julia Clark(dancer) London
1988	The Tortoise, the Snail and the Toadstool	Tom Yang Co. London
1988	Desiderata	Tom Yang Co. London
1988	Landscapes	Richard Cherns and Derek Houghton (musicians, Scotland)
1988	Three Free and Thunder	Derek Houghton(musician) London, Warwick
1989	For Our Great Grandmother and Great Grandfather	Derek Houghton (musician). Scotland

## **Detailed Bodywork History**

Roots in dance, acting, medicine and creativity have greatly influenced and directed the fields of expertise Audicia has followed.



Both her parents and grandparents were involved professionally in theatre and dance and her great grandfather was the renowned surgeon and physician [F.T. Paul](#) of Guys Hospital, London and the Royal Infirmary, Liverpool.

1977-80 Originally trained as a *dancer* at London University . On completing this dance training she began exploring various forms of alternative movement, which led her into body work.

1986-1996 Studied with [Bill Palmer](#) who has, through his own research into Chinese Medicine, Shiatsu, Meditation, Voice and Body Mind Centering, developed *Movement Shiatsu and The Six Forms of Touch* to post graduate level.

1990 Began full time training at [Glasgow School of Shiatsu](#) and graduated from the [Shiatsu Society](#) of Great Britain in 1994 as a registered practitioner MRSS.

1993-95 Studied at the Fellside Alexander School in Cumbria on a one year developmental course and subsequently went on to do the first year of a three year teacher training course in the Alexander technique. Whilst attending the school, taught Movement Shiatsu and its relationship to the Alexander Technique as part of the teacher training programme.

1996 Established bodywork practice at [The WholeWorks](#), Edinburgh.

1996-97 Studied with Indonesian Dance masters, Ben Suharto and Suprpto Suryodarmo, in Healing Movement and Amerta Movement.

1997 Awarded Diploma of On-Site Massage (Distinction) from the [Academy of On-Site Massage](#) UK

1998 Founded the Edinburgh branch of [SEED](#) (School for Experiential Education) under the directorship of Bill Palmer.

1998-99 Post Graduate Training in [Craniosacral Therapy](#) at the [Karuna Institute](#) in Devon gained under the direction of Franklyn Sills.

1999 Began studying on the Certified Practitioner Programme in [Body Mind Centering](#) in the US with Bonnie Bainbridge Cohen.

1999 Awarded [Scottish Arts Council](#) Choreographic Development Award. Performance - Teetering on the Edge of Stillness - an enquiry into the emergence of cellular life and death.

1999 Awarded Certificate of Participation in Workshop for Shiatsu for Babies by [Scottish Association of Baby Massage Instructors](#)

1999 Awarded Certificate of Completion in Professional Training Course in Somatic Trauma Therapy with [Babette Rothschild](#)

2000 Attained teaching status from the [Shiatsu Society](#) of Great Britain:- MRSS(T).

## **Audicia Lynne Morley - Curriculum Vitae - Movement and Health**

*Detailed Bodywork History continued...*

2000 Co-founded [The Shiatsu School, Edinburgh](#). Currently running 3 years of an accredited practitioner programme.

2000 Awarded Certificate in Lymphatic Drainage Massage from the [European School of Healing and Complementary Medicine](#)

2001-2008 Expressive Arts Therapy and Education at The [Tamalpa Institute](#) in California with [Anna Halprin](#)

2001 Awarded Certificate of Completion of Level 1 Full Immersion Programme from the [Tamalpa Institute](#)

2003 Studied Authentic Movement with [Zoe Avstreich](#) at [The Naropa Institute](#), Boulder, Colorado

2003 Awarded Certificate of Completion in foundation level Core Process Psychotherapy from the [Karuna Institute](#) (member of [UKCP](#))

2003 Invited to join the board of directors for the [Tamalpa Institute](#)

2006-2008 awarded certificate of completion Teacher Training Programme in Movement based Expressive Arts and Therapy, [Tamalpa Institute](#), California

2010 Certificate of completion: Facilitators workshop in the presentation of the [Planetary Dance](#) run by [Anna Halprin](#) CA

2010 Healing Movement and [Amerta Movement](#) with Suprpto Suryodarmo.

2010 Post Graduate update in [Movement Shiatsu and the 6 Forms of Touch](#)

2010 Movement Shiatsu Summer School. (Spain)

