MOVE OUTSIDE!

with Laura Kathrein

Share your Moves → #PEMPod
Discover what inspired dancer Laura at each iEmbody Nature site.

**MAUDSLAY STATE PARK**  
Newburyport  
“What is it about a single tree standing in an empty field? You can’t help but run to it!”

**M.A.S. IPSWICH RIVER WILDLIFE SANCTUARY**  
Topsfield  
“A mother and son gifted us with seed, facilitating a magical duet with the birds. Exploring the woods, meadows, wetlands, and quiet esker felt like a fairy tale.”

**LONG HILL**  
Beverly  
“Visiting in the winter brought focus to the history of the land and people who once inhabited this stately site.”

**PLUM ISLAND**  
Newburyport  
“In the wildlife refuge I performed with many wild bird co-stars. Sandy Point’s geology inspired grounding and reflective movement.”

**SALEM WOODS**  
Salem  
“The woods and nature trail connect the visitor to the local landscape and its varied history.”

**HALIBUT POINT STATE PARK**  
Rockport  
“Fragments of a 19th-century granite quarry evoke the sounds of hammers and chisels sending rock dust into the air.”

**LYNN WOODS**  
Lynn  
“This vast 2,200-acre site echoes the energy and adventure found in New Hampshire’s White Mountains, but is only a short drive from Boston!”

**CRANE BEACH**  
Ipswich  
“The stark contrast between the quiet dunes and the high tides crashing on the beach activated my physical body and imagination.”

**RAVENSWOOD PARK**  
Gloucester  
“Scurrying critters, flitting insects, and lichen-covered boulders inspired a goofy, flighty sense of movement and a slower, deliberate flow.”

**LYNN WOODS**  
Lynn  
“This vast 2,200-acre site echoes the energy and adventure found in New Hampshire’s White Mountains, but is only a short drive from Boston!”

**APPLETON FARMS**  
Ipswich  
“Flower-filled meadows, rolling forest floors, old barns, and pastures full of animals inspired a playful energy in my movement.”

**AGASSIZ ROCK**  
Manchester-by-the-Sea  
“Standing in front of these boulders, I was humbled by the immense power and size of the glacier that pushed them here eons ago.”

**WARD RESERVATION**  
Andover & North Andover  
“Colorful ferns and grasses frame the steep and winding trails, occasionally opening up to small clearings to sit and reflect or gather with friends.”