

ENTANGLING MOVEMENT & CHOREO-WRITING

A CHOREOGRAPHIC WORKSHOP ADDRESSED TO MOVERS, CHOREOGRAPHERS, AND RESEARCHERS

This workshop is about offering a thorough training of the body through anatomically informed processes and using this information in order to explore choreography as movement and writing composition.

In the first part of the day, we will go through a process of grounding ourselves and tuning with each other. An internal and experiential process of looking at the human structure as a corporeal architecture will be facilitated through imagery and hands-on exercises that help to explore the body's anatomical possibilities. Engaging the metaphor of corporeal architecture in order to refer to the human body helps to turn awareness to the body as a structure similar to an architectural building in terms of alignment, weight support and resistance to gravity. This anatomical-based process of moving thought & movement in thought (as thoughtful movement) will prepare 'corporeal architectures' to be set into motion and to move in space dynamically and safely by exploring how to save energy to our advantage. Composed (choreo-graphed, choreo-written) materials and improvisational structures (scores) will further train clarity of movement and its connection with internal and external space.

Using our dance knowledge on how to set in motion our 'corporeal architectures', in the second part we will explore choreo-graphy as both dance-making and dance-writing. Etymologically speaking, choreo-graphy is the action of writing (drawing, designing, inscribing) with the body in space, but also the practice of notating existing dances or visually scoring the artistic process. Keeping in mind the ephemeral nature of dance and considering the binary meaning of choreography, we will attempt to explore through the interpretation and creation of choreographic texts and scores the liminal space between stability and mobility, trace and disappearance, and permanence and ephemerality. Further questions include: How to enact a choreographic score and how to archive movement? How to move our corporeal architectures in response to verbal, visual or written instructions and how to create systems for remembering our creative processes? Which are the different expressions of chore-writing and which materials may we engage to produce our personal way of chore-writing?

In both sessions, we will aim to create a process-based environment for self-exploration, research and exchange while training processes of exposure, reflection and discussion. The workshop is open to anyone who is interested in moving, making and archiving. Dance and choreographic experience is recommended.



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