

MÖTE MED MARGRÉT SARA GUDJÓNSDÓTTIR

13-15 APRIL 2016

Öppen för: Professionellt yrkesverksamma dansare.
Tidpunkt: 12.00–17.00 med 30 minuter paus
Plats: MDT studio, Slupskjulsvägen 30, Stockholm

Workshopen sker i samarbete med MDT – The place to be



MÖTE MED KOREOGRAFEN MARGRÉT SARA GUDJÓNSDÓTTIR

This workshop offers an introduction to sensation and state-oriented bodywork. It aims to guide participants towards a so-called *Full Drop* into the body in search of potential for an increased presence both on stage and in everyday life. In the greater context this workshop offers an alternative way of approaching the body itself and those who work with it on a professional level. It encourages investigation into non-goal orientated movements by tapping into presence, and supports non-manipulative movement research. This process simultaneously questions older concepts of how we relate to your professional body and methods of disciplining and dominating that body in order to gain control over it and have it perform.

My working and teaching methods are grounded in a practice that brings the physiological and psychological states of the body together. Starting each day with 2 hours of a guided myofascial meditation in order to connect with the Empty Body, the medium through which we get to know the movements within the fascia system of the body and beyond. We then elaborate, investigate and integrate the discoveries we make during the remainder of the workshop day. Facing fundamental emotional, psychological and physiological cramps and tightness carried within the body, we work together to unblock these parts of the body. A part of this process is to release the professional dancer's 'outside eye' that observes, judges and separates the dancer from the inner experience, surrendering fully to that which goes beyond the conditioned body memory. This process is healing, as well as an introduction to intensified and new sensorial physical experiences and the distinctive force known as 'inner flow'.

Margrét Sara Guðjónsdóttir was born in Reykjavík. She studied with the dance department of the HKF Art School (now artEZ Institute Of The Arts) in Arnhem and Amsterdam (NL), and graduated in 2002. With dancer and choreographer Sveinbjörg Þórhallsdóttir, Margrét Sara co-founded the production house Panic Productions in Reykjavík (IS), which was active from 2004 - 2009, and focused on producing and initiating collaborative performance works with international artists. Margrét Sara has toured internationally with her own work since 2010. As a performer Margrét Sara has worked with among others Gisele Vienne and Dennis Cooper, Erna Ómarsdóttir and Constanza Macras/DORKYPARK, Jan Fabre, Esther Salamon, and Angela Schubot. During the year 2015 Margrét Sara was an artist in residence at the Cullberg Ballet in Stockholm. She will premiere a new performance in 2017 commissioned by the Cullberg company.

Sista anmälningsdag är den 20 mars 2016

E-posta ansökan, aktuellt CV och kort motivationsbrev till info@dansalliansen.se

Dansalliansen