

MATERIAL FOR THE SPINE

9 - 13 jan 2023

It is a system for exploring the interior and exterior muscles of the back, and aims to bring the light of consciousness to the dark side of the body.

Material For the Spine concentrates accumulated knowledges from Paxton's study of walking, Contact Improvisation and Aikido practice to explore the movement possibilities in the spine and the connections between the head, pelvis, and vertebrae. This solo practice is a meditative study of a series of exercises, body puzzles and ideokinetic imagery.

*"With **Material For the Spine,** I was interested in alloying a technical approach to improvisational results. It is a system for exploring the interior and exterior muscles of the back, and aims to bring the light of consciousness to the dark side of the body, the dark side of the body, that is, the sides not much self-seen, and to submit sensations to the mind for consideration."* ***Steve Paxton***

Otto Ramstad, is a dance artist who makes performances, video works and installations for theaters, galleries, museums and different site and context specific encounters. He has an MA in Choreography from KHiO.

His most current work Lineage looks at learning and how we learn, care, preservation and archiving by drawing lines between his learning of experimental dance and somatic practices, specifically Lisa Nelson's Tuning Scores, Steve Paxton's Material for the Spine, Bonnie Bainbridge Cohen's BMC and emergent the learning of his Norwegian cultural heritage which has been invisible to him. Through exploring his Norwegian great grandfather John Ramstad's life and the places he moved through he is reflecting on what it was to live in a body in rural Norway 100 years ago.

He is the recipient of an Arbeids Stipendieum from Norsk Kulturrådet for 2022-2025.

Ansök på https://dansalliansen.se/index.php/w/233

DANS ALLIANSEN

Ledare	**Otto Ramstad**
Startdatum	2023-01-09
Slutdatum	2023-01-13
Tider	13.00-17.00
Antal dagar	5 dagar
Sista ansökningsdag	2023-01-02
Plats	ccap studio
Adress	Körsbärsvägen 9nb