

MOVEABLE CINEMA/DYNAMIC EXPANSION

6 - 9 feb 2023

Dance/movement embodiment practice. This practice offers many possible applications to one's personal artistic/creative work or practice

Moveable Cinema is a movement practice created to expand the felt-sense and consciousness of vision while in movement. Shared though a series of mandalas (or practices) it enables one to find a unique path to research consciously how the expanded sense of vision can be an available process; to tune into one's body acutely to the present. Beyond self-oriented practice, practices with others challenges and enriches subtle and powerful forms of witnessing. This becomes a vital and reliable tool for performance.
Moveable Cinema exists within the frame of *Dynamic Expansion.*

Dynamic Expansion is an integrated and somatic approach to orient to the Craniosacral System; tuning into its waves and stillness phenomena grounds the practice. We work with the key element of the system, the Fluid Body. We explore sates of fluid dynamics and how they move the body, and states of stillness, or stillpoints; where fluid rests and at the same time gains potential for movement.

Photo credits: Alexa Vachon /Portrait

Shannon Cooney, Canadian dance artist: choreographer, performer, facilitator and dance educator. She has been presenting her choreography since 1993 in Canada, Europe and the UK, She's performed in many choreographers' works, improvisations, and installations and she danced from 1994-2006 with Toronto-based Dancemakers.
www.shannoncooney.org

Ansök på https://dansalliansen.se/w/238

Ledare	**Shannon Cooney**
Startdatum	2023-02-06
Slutdatum	2023-02-09
Tider	13.00-17.00 (mån-torsdag)
Antal dagar	4 dagar
Sista ansökningsdag	2023-01-15
Plats	ccap studio
Adress	Körsbärsvägen