TISSUES, BONES, FLUIDS - MOVING FROM INNER LANDSCAPES

15 - 19 jan 2024

We take time to slow down to sense the materiality of your body. We practice deep listening and dive into your inverted ocean and bony landscapes to allow your tissues to soften and re-pattern in order to activate unknown and new movement pathways.

This is a workshop in collaboration between Dansalliansen and Danscentrum Syd.

Through fine-tuning our perceptions we discover new spaces and sensations. In slowing down to sense the precise detail, intelligence and archive of your tissues, organs, bones and fluids there is endless potential for movement and expression. The discoveries in the subtleties we integrate with outer sensory perception, relating to both the more-than-human and other moving bodies in space. As space opens we allow the dance to unfold and bring in speed, largeness, your own dance archive and perhaps strangeness and the unexpected.

The practice offered is influenced mainly by Tuva Hildebrands mentor-apprentice relationship with Eva Karczag (original dancer for Trisha Brown, Alexander Technique teacher, Body-Mind Centering, Tai Ji, Qi Gong, Improvisation), but also her background in Skinner Releasing Technique/Open Source Forms, Body-Mind Centering, Alexander Technique and working with teachers, improvisers and dancers such as Stephanie Skura, K.J. Holmes and many more within the post-Judson scene in New York.

Tuva Hildebrand is a dance maker and somatic movement practitioner with a background (since 2009) in Skinner Releasing Technique / Open Source Forms, Alexander Technique, Body-Mind Centering and improvisational forms. In 2018-2020 Hildebrand did an MFA research in the methods of Karczag, Skinner Releasing Technique / Open Source Forms and her own artistic practice from a queer-feminist perspective, specifically within ideas of non-violence and gender performativity.

Ansök på https://dansalliansen.se/w/302

Ledare	**Tuva Hildebrand**
Startdatum	2024-01-15
Slutdatum	2024-01-19
Tider	11.00-15.45 (måndag-fredag)
Antal dagar	5 dagar
Sista ansökningsdag	2024-01-11
Plats	Danscentrum Syd
Adress	Bergsgatan 29