

Body Structures ongoing workgroup – report.

Some of the pre group forming ideas. “Ideas as gifts” to the whole:

What is CI? Reasons. Poetry. Is it good that so many things we call CI? Is CI political? The culture bending potential of CI (gender roles, relationships, community). CI in Future. Folk dance vs avant-garde. Democracy?/anarchy/?privilege?. You have all the love you need already inside you – Dance. Authentic natural. Commitment without blending. Communicating personal development, verbal-physical. CI philosophical background. Emotions.

We then had a get together circle and shared personal investments into the group being formed. Around 25 of us.

Day 1 Big dance space.

Show and tell: Fascia.

Tracking sheets of fascia inside own and partners body structure. Elements of tensegrity.

Into a dance score: What images help you to modulate your tone?

Let it sink into your body (when you hear it).

Discoveries: the connectivity, the one expressing itself through many. A narrative emerged spontaneously.

For snapshots of these images take a look at the picture attached.

Day 2 Gallery.

What practices/exercise help you modulate your tone. Tired and truth leading to the dancing with the information form T&T. Voice work and exploration of different possibilities of the sounds relating to tone.

Day 3 D2/ Massage Room

Bodywork into dancing . Use of vision in the dance.

How do we start? Starting with what is in the space – we and what we bring with us – and not with a score.

Safety, intimacy, how can we compress the dancing AND keep the quality in the small studio space.

Day 3 Evening-ongoing group presentations.

Day 4 Big dance space.

After the previous night's ongoing group sharing. Authentic Witnessing.

Large witnessing circle and blind dances inside. Presence, sensitivity.

Are we performing when in the circle? What is performing?

What is witnessing?

A separation or union of the two? Parameters of connectivity.

Fascinating Fascia Cake making – fun group exercise.

Day 5 On the lawn.

Need for shift of focus - into teaching/facilitating Cl.

Different approaches to figure of facilitator. Different approaches to formats of teaching. The format IS *facilitating inquiry and this then becomes pedagogy*.

Learning about facilitation happens when we brainstorm scores.

Original focus of the group – fascia and its two functions

1. Limiting
2. Expanding.

Begin with your own score. Into dance engagements.

Hands on experience – myofascial bodywork in twos ? when?

Day 6 Final

Authentic trio dance score.

Person A Small dance dancer and witness of the solo dancer.

Person B Bodyworker – giving tactile experience to small dance dancer
Person C Solo dancer in the space. Individual timekeeping styles.

The small dance continues all the time –S.Paxton.

Closing of the ongoing workgroup. Sharing circle – some words of gratitude and appreciation: permission and allowance, witnessing and not expecting, permission to be lost, connectivity, every one is a gift.

Metaperspective: Strolling through the different dance spaces – from large to smaller to very small to large and cold to the outside

to the large and to the outside again. How it co influenced the work dynamic of the group.