

OPEN BODIES: Breath, Skin and Bones

(Dance presence and permeability)

How does one sincerely relate with the shape one's own body produces? How does one sincerely relate with the other forms available in space? What is the quality of a movement generated from our breath, from our skin, from our bones? How can the breath change our movements, change the space we imagine inside of our body and the actual space we share with other dancers to create a permeable shared space?

During this workshop we will question the relationship between the inside and the outside of our architectural body. Through guided exploration through the bones, skin and breath we will softly awaken the body and the presence both in the internal and the external space: allowing new forms and relationships to emerge, and giving support to the already existing ones.

Groups and solo improvisations as well as small improvisation scores and guided movement sequences will format the experience. Using the principles of the BMC Method (Body Mind Centering) this movement class intends to be a space of discovery, where the curiosity is welcome to dance with

Andrea Krohn (1985, Brazil) is a dancer, teacher, choreographer, Gyrokinesis® and Gyrotonic® trainer. She constantly develops strategies where performance, dance and movement could bring people together to question matters of communication, perception, empowerment and memory. Website: www.andreakrohn.net