

SUMMER INTENSIVE

Body Awareness in nature

1st-5th August 2016

COME AND JOIN

the first edition of our intensive week focusing on

movement exploration & dance expression

on the beautiful island of Aix, France.

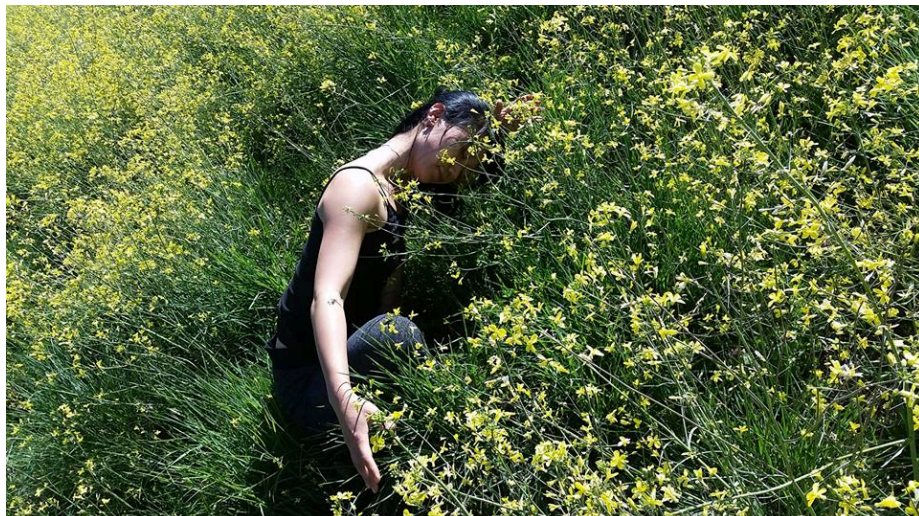
Facilitators: Kay Patru, Jihae Ko, Rafael Zielinski, Andrea Hackl & Sylvain Meret.

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Five teachers will share with you their practices and their knowledge about dance, movement, somatic awareness, creativity, performance, shamanism and film making in natural environments.

The whole week will be an intensive immersion into the subtle worlds of nature. Each teacher will bring you into a personal journey through the rhythms, spaces, textures, sounds and landscapes of the island using our bodies and our awareness to dance the inner and outer worlds.

Dance is a healing art; part of the journey will convey the magic of shamanic rituals, the wisdom of somatic practices and the transformational process of creativity.



PROGRAM DETAILS:

"TUNING BODY LANDSCAPE"

with Kay Patru and Jihae Ko

In this work, we dive into the transformative process between body and landscape through senses. We allow body as a tuning instrument that is receptive and connected to the environment. We observe, listen, feel, smell and taste. This basic sensory functions guide us to explore movement and dance expression from the body sensation as well as becoming one with the environment.

The approach of this workshop is twofold:

1. Sensory Fieldwork

The first part of this workshop will be based on Sensory fieldwork. We will focus on the primary senses of the body to tune into the direct perception of the land. Through touch, smell, listening and looking/gazing we can allow the body to be informed by the surrounding ecosystem and the various habitats present on site. This sensory fieldwork will be guided and often blindfolded to deepen the perceptual field of the participants while being supported by an observing partner.

2. Body Centered Practice

Building on the sensory practice, the second part of the workshop will consist of integrating the experience of the land into a wide range of Body Centered Practice. Movement/dance explorations, imagery and improvisation tasks, voice and breath work, as well as various bodywork modalities to engage the participants into finding their artistic expression within the context of being on the land.

"SOMATIC-SHAMANIC BASE EXPLORATION"

with Rafael Zielinski

Dance is a movement moving space. It has the power to touch something in you and let you flourish. Dance is communication; it wakes you up, opens up your senses and sense of self. Dance is a way to live life. From contemporary dance and movement performances to embodiment and healing. With a bridge to nature and shamanism. Bringing nature back on stage.

"Rafael is a transformer of space and energy. Through his radiant presence, sensibility and creativity, he is able to move (with) all that is." (Odessa, 2016)

"SOUL LANDSCAPES
THE NATURE INFORMED BODY AND FILM"

with Andrea Hackl

In this work we will explore how, on the one side, a space / our surrounding environment is informing us and our movement, our state of being as well as physicality and, on the other side, how we "inhabit" a space.

Spaces and any environments we move within give energetic information through their texture, quality and sound. We can listen to that information and through an intuitive, even playful process, capture its essence and let it be expressed through us.

One of the most impressive realizations has been for me to see that this work has the power to communicate itself even through the medium of film.

The essence of what is around us is found within our surrender to and our interaction with the elements around us. "If we forget ourselves, we become the Universe." - Hakuin

"THE SHAMANIC POWER DANCE"

with Sylvain Meret

This session will tap into the process of finding and embodying personal power through movement qualities. There is a space within us that hold the key for movement medicines that allow us to feel more empowered. This place is very personal and unique to each of us. To access it, one needs to connect with his energetic nature and to incorporate it through either movement, sounds, voice or dance expressions. Breaths, vocal sounds or songs are ways to directly feel the expression of our energetic nature, it is a great support to allow a deeper embodiment toward outer movement expression. This dance is a way to reconnect with our source and to bring our spirit in the here and now.

ABOUT THE TEACHERS:

JIHAE KO

is a dancer, choreographer and bodywork therapist based in Amsterdam. She graduated from the School of Toronto Dance Theater (Modern dance), SNDO (performance choreography) and Shenzou open university (Acupuncture therapy). While collaborating with numerous choreographers, visual artists and theater makers in Canada, Europe and South Korea, she is committed to bridging art practice and therapy as a path where creativity and inter-personal growth meet.

www.jihaeko.com

KAY PATRU

is a dance and movement improvisation teacher, choreographer, certified body work therapist based in Amsterdam. His work focuses primarily on developing improvisation and somatic awareness tools designed to awaken the innate intelligence of the body. His choreographic projects focus on designing the sensory experience of the body in relationship to (un)natural environments. He teaches regularly movement research and somatic awareness classes in Europe and South Korea. Kay Patru recently started researching and leading workshops around the impact of nature on the perception of the body.

www.kaypatru.net

RAFAEL ZIELINSKI

“Rafael is a transformer of space and energy. Through his radiant presence, sensibility and creativity, he is able to move (with) all that is.” (Odessa, 2016)

<http://rafael-zielinski.eu/>

ANDREA HACKL

is based in Austria and the Netherlands. She works as choreographer, dancer and video artist. Her work cherishes the power and poetry of dance and its physicality.

Most of all her work is a celebration of life. She’s inspired by cross-pollination and creative interdisciplinary work, by seeing how different fields can nourish and enrich one another.

Next to more “conventional” work, Andrea Hackl love to explore and experiment. She cherishes improvisation and instant composition in collaboration with musicians and has produced work in collaboration with scientists, mostly addressing the subject of climate change & human-nature relationships.

Over the last years she has produced various films, presented in Europe, US and Asia and has been working with the medium of installation. She’s exploring hybrid installation performances.

Andrea has danced with companies like Emanuel Gat Dance (Fr), United C (NL), Suzy Blok (NL) & Fabian Chyle (D), and toured major venues and festivals world-wide.

<https://andreakackl.com/>

SYLVAIN MÉRET

has a BA and DNSEP in visual art, he studied contemporary dance at P.A.R.T.S (Brussels, BE) and Dance Therapy at CODARTS (Rotterdam, NL). He has worked as a dancer [Virginie Mirbeau, Felix Rückert, company B. Valiente, Dylan Newcomb, Sjoerd Vreugdenhil...] and has an improviser in collaboration with Katie Duck, Maggie Music Dance, and recently Makiko Ito. He has performed his own work through Europe, Asia, Cuba and has been teaching for 10 years in various contexts (SNDO, KNUA, SEAD, ARTEZ). His main interest now is to share knowledge about improvisation, performance and co-creative awareness.

www.sylvainmeret.com / www.ways-of-moving-and-being-moved.com

LOGISTICS & PRACTICAL INFO:

WHERE:

Ile d'Aix, France

WHEN:

Monday 1st to Friday 5th August 2016

FOR WHOM:

This summer intensive is open to everyone interested in movement and dance in nature regardless of professional background or dance training.

COSTS:

125-150 € for the teachings fee [sliding scale] and
15 € per day for the food and logistic expenses,
[90 € midday Sunday 31 to midday Saturday 6].

The total price is 215 - 240 €.

We wish to make this special journey possible to anyone interested.

REGISTRATION:

limited places!! max 15 participants:

sylvainmeret21@gmail.com

LANGUAGE:

The workshop will be held in English and (translated into) French.

ACCOMODATION:

We created a camping settlement condition that supports both a low cost budget and a direct connection with the land. In this regard, we cook and share the logistic together. And we sleep in tents. [They are possibilities for other accommodations with extra costs.]

We can host a maximum of 15 participants.

If possible bring your tent, sleeping bag and mattress.

You will need Towels, swimming clothes, a pair of shoes for dancing, sleepers, lamp torch, sweaters for wind and evenings.
[We have 4 extra tents, sleeping bags and mattresses.]

MEALS & COOKING:

The food is mainly vegetarian and organic. We organize cooking teams/ washing teams through the week. In this way, we keep low costs conditions.

ARRIVAL & DEPARTURE:

We start on Monday morning 9:00 the 1st of august and finish on Friday 5th august in the evening.

You're welcome to arrive on the 30th or 31th of July and leave on Saturday 6th.

To come to the island from abroad:

- via flight:

-> La Rochelle airport is closest, with a flight on Monday and Friday with Ryanair from Brussels-Charleroi.

-> Bordeaux airport with easyjet and KLM from Amsterdam runs everyday, then a train ride of 1h45 min to Rochefort, then a bus to Fouras la Fumée for taking the boat [Check the timetable].

- with the train: a regular TGV line runs from Paris to La Rochelle few times a day.

- to reach the island:

from La Rochelle a boat is easily accessible to get to the island but runs only few times per day depending on the tide. [Check the timetable]

Let Sylvain know about your travel plan: sylvainmeret21@gmail.com