

WORKSHOP

SUNDAY
3:30PM-6:30PM

PROTO-TECHNIQUE: FINGER FUN

WITH MALCOLM MANNING, NOVEMBER 17, 2013



Photo by: Marta Lamovsek

Proto-technique: Finger Fun

This is a process-oriented dance class focused on how we experience ourselves moving and how we imagine ourselves into being. The invitation is to enter into a perceptual dialogue with ourselves in which we become the experts of our own experience. The aim is to develop self-awareness as a tool for creating and refining our own dance practices. The impossibility of a purely physical training is assumed from the start and the class also encourages critical and conceptual interrogation of the many discourses that shape our experience.

In this three-hour workshop the focus will be directed to rediscovering our fingers; how each has its own character and how they mediate between our inner and outer worlds. It is a class about dancing in context. It includes material from experiential anatomy, ideokinesis and the Feldenkrais Method and is part interactive lecture, part guided and part open movement exploration. The continual mapping of movements back to the simple acts of standing and walking means the material is approachable and useful for anyone.

Malcolm Manning (UK/Helsinki) is somatic movement researcher, educator, mentor and artist. For the last ten years he has focused his creative passion on devising movement and dance classes which draw on his embodied knowledge of the Feldenkrais Method, contact improvisation, experiential anatomy, improvisation/composition and authentic movement. He views teaching as a performance art. He teaches classes at the Theatre Academy of Finland (TEAK), helped develop the Dance and Somatics course at ISLO in Joensuu, Finland, and teaches at dance centres and festivals throughout Europe. For more information visit www.movetolearn.com.

All levels welcome!

Cost: \$25

Capacity limit, pre-registration encouraged

Also, study with Malcolm Manning and Sara Shelton Mann "juxtaposition"
2 workshops at Studio Garcia, Nov. 12-15 and Nov. 19-22. 10am-1:30pm.
To register contact kristengreco10@gmail.com

ODC Dance Commons

Kimi Okada, School Director

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