

**BODY
NARRATIVES**

movement
composition
laboratory

Zomeracademie

Destelheide

2016





BODY NARRATIVES

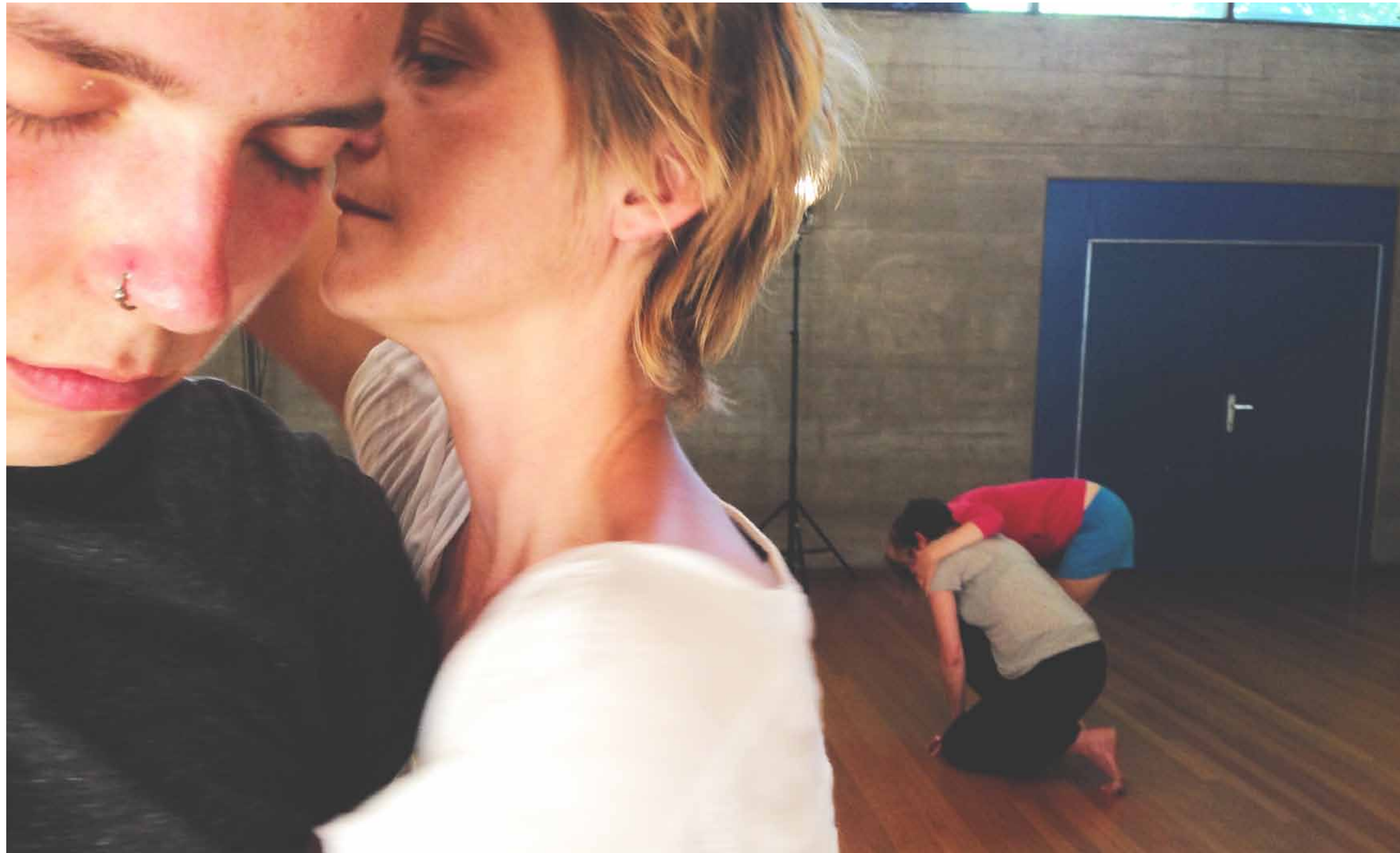
IS A MOVEMENT COMPOSITION LABORATORY. IT'S WORKING APPROACH ALLOWS YOU TO EXPERIMENT THE QUESTIONS THAT LAY BETWEEN YOUR IDEAS AND YOUR ACTIONS:

„HOW TO MOVE MY THOUGHTS?“
„HOW TO THINK WITH MY BODY?“

BODY NARRATIVES LEADS YOU TO EXPLORE AND EXPERIMENT WITH VARIOUS INTERNAL AND EXTERNAL MOVEMENT TRIGGERS SUCH AS: SKIN, MUSCLES, ORGANS, BONES, OBJECTS, SOUNDS, THE OTHER PEOPLE, TEMPERATURE, SPACE, THE MOMENT, THE CONTEXT.

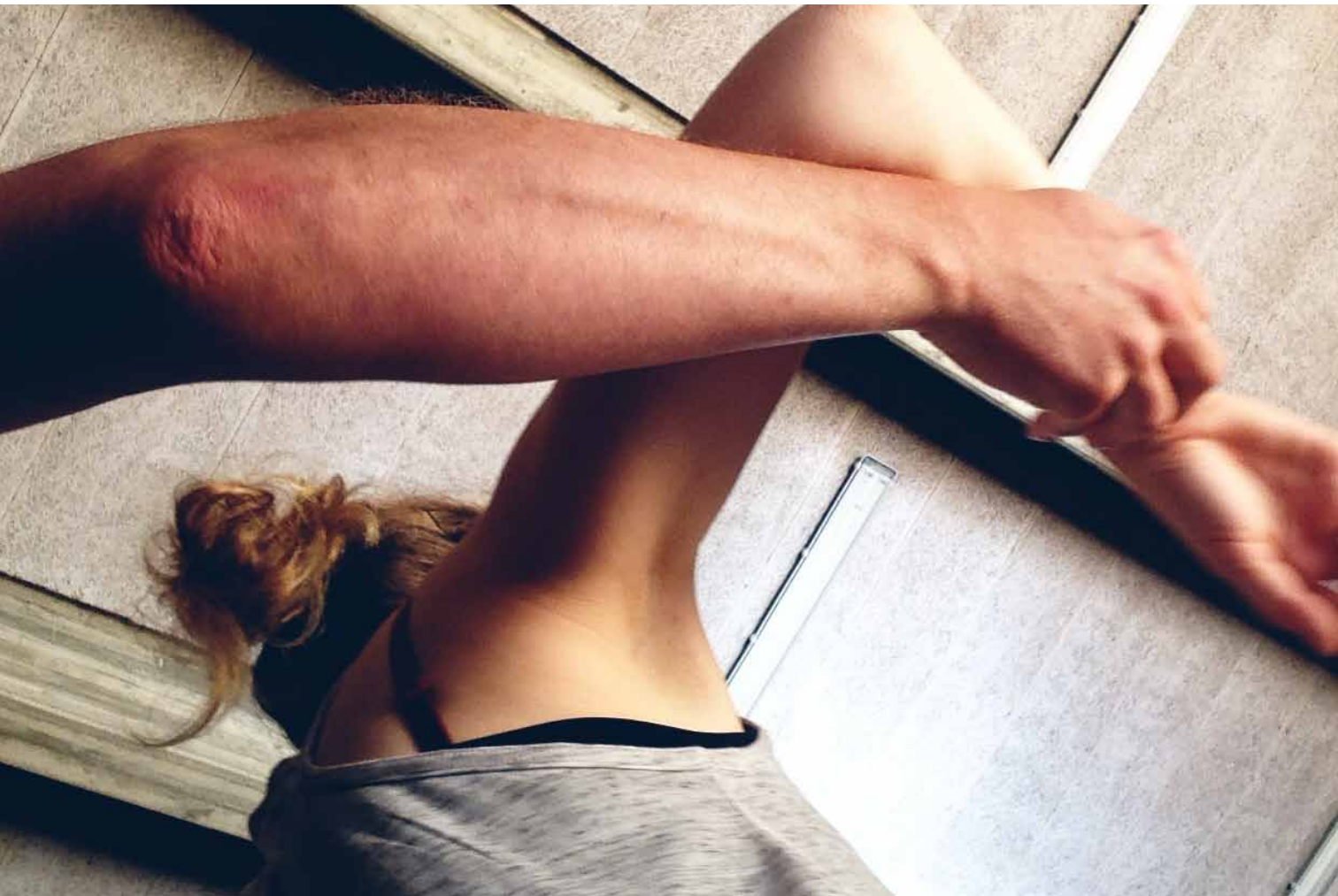
WITHIN A
COLLABORATIVE
RESEARCH YOU ARE
GUIDED TO FOCUS
ON AWARENESS,
PERCEPTION AND
CONNECTIVITY IN
MOVEMENT.

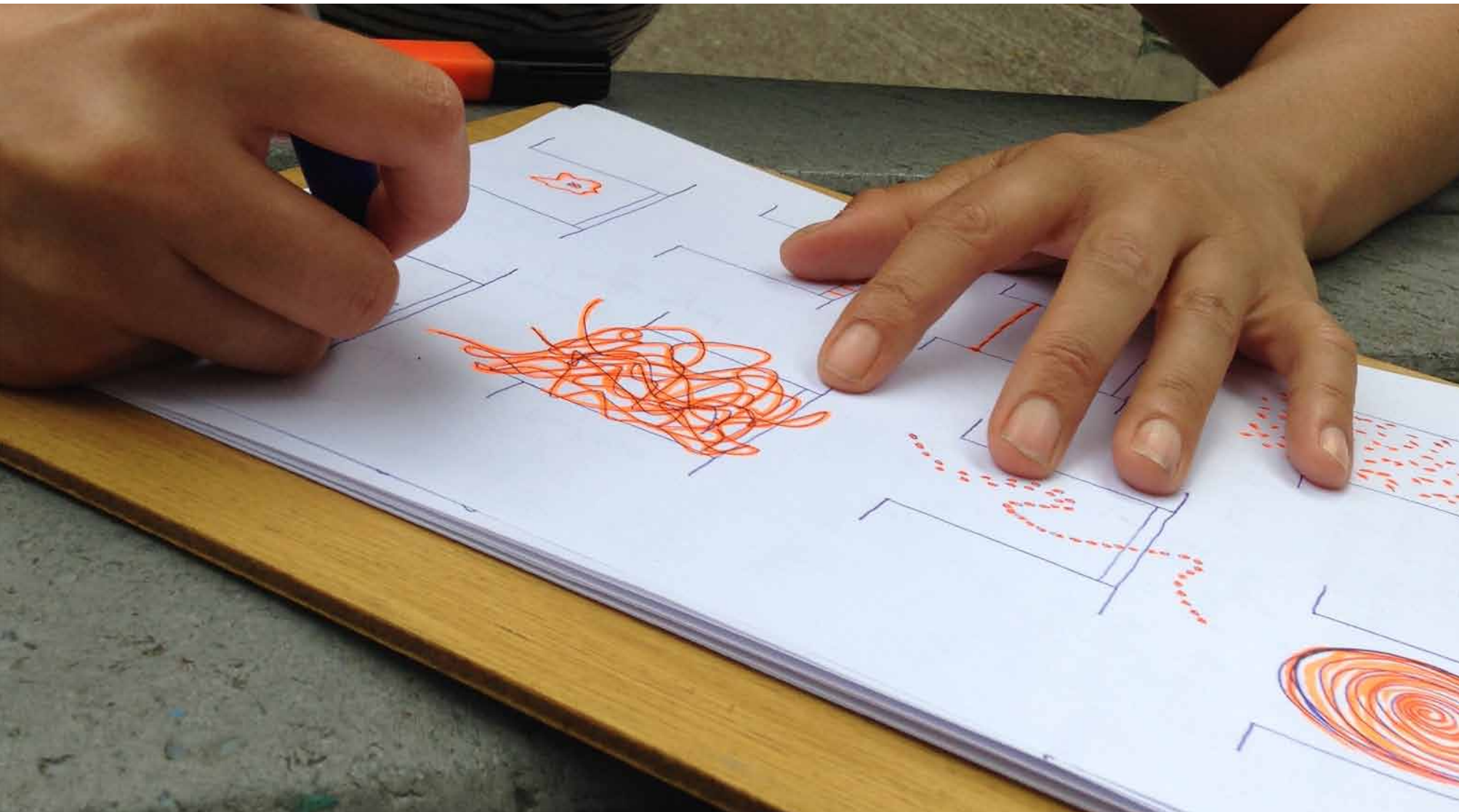
THESE TOOLS
ALLOW YOU TO GO
ON A JOURNEY
TO EXPLORE YOUR
OWN ARTISTIC
PROCESS - THE
VISION IS TO
CREATE FROM
YOUR PERSONAL
APPROACH TOWARDS
MOVEMENT
COMPOSITION.



PRESENCE,
SPONTANEITY
AND MEMORY
WILL BECOME
YOUR CREATIVE
GENERATORS.
IMPROVISATION,
REAL TIME
COMPOSITION,
EXCHANGE OF
REFERENCES,
MOVEMENT
COMPOSITION
STRATEGIES,
ROUND TALKS AND
OTHER MODULES
ARE PART OF THE
PROCESS.







WORK MODULES

SENSORIAL AWARENESS

SAFETY/TRUST IS A MAJOR TOPIC THROUGHOUT SENSORIAL MODULES.

ENABLING THE CONSTRUCTION OF A COMUNAL SPACE/ENVIRONMENT ALLOWS OUR PERSPECTIVE ON SPACE AND TIME TO WIDEN.

BODY CONTACT AND CONNECTION TO THE OTHER : THE ENGAGEMENT OF THE IDEA OF PRESENCE TO CREATE AWARENESS IS THAT EGO DETACHMENT SUPPORTS OUR FOCUS ON THE ARTISTIC RESEARCH.

SITUATIONAL STRATEGIES

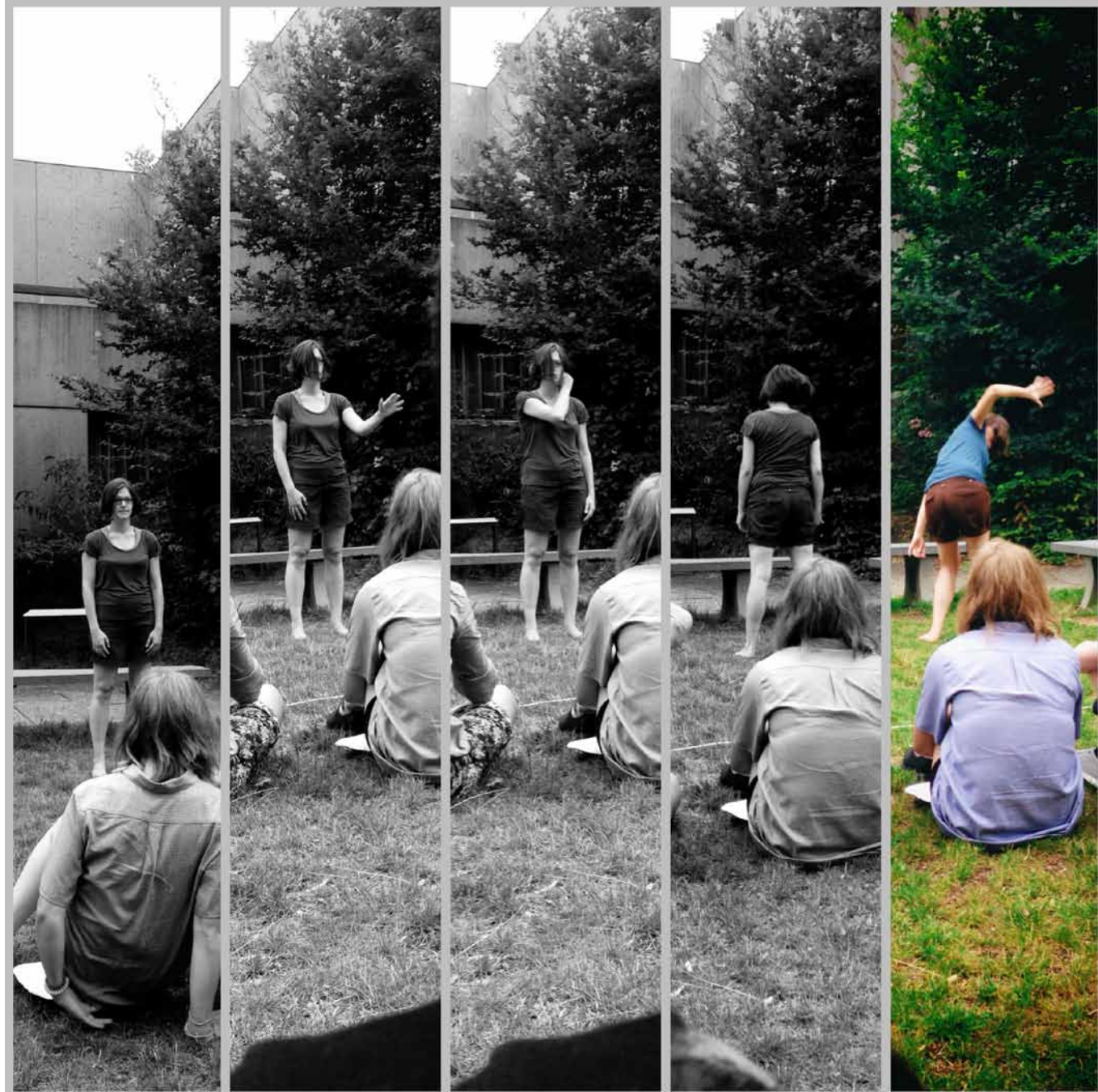
WORK WITH WHAT IS THERE.
EXPLORE SPONTANEITY - RANDOMNESS.

DIVE DEEPER. ESTABLISH COMMON
GROUNDS BY EXPERIMENTING WITH
IMPROVISATION THEMES IN THE GROUP:
TEMPO, DIRECTIONS, DURATION, LEVELS,
DYNAMICS, ARCHITECTURE...

DARE TO LET THINGS GO AGAIN. ALLOW
YOUR MIND TO „NOT CREATE“ / „NOT DO“.

DISCOVER NON-HIERARCHICAL COMMON
EXISTENCES.





REAL TIME COMPOSITION

LINK NOTIONS OF IMMEDIATE, UNEXPECTED PRESENCE.
INTUITION IS A TOOL. APPREHEND WHAT IS THERE. SUPPORT IT.

FIND THE GAME, PLAY THE GAME, QUESTION THE GAME.
ACCEPT THE IDEA OF EMPTINESS AND THE UNKNOWN.

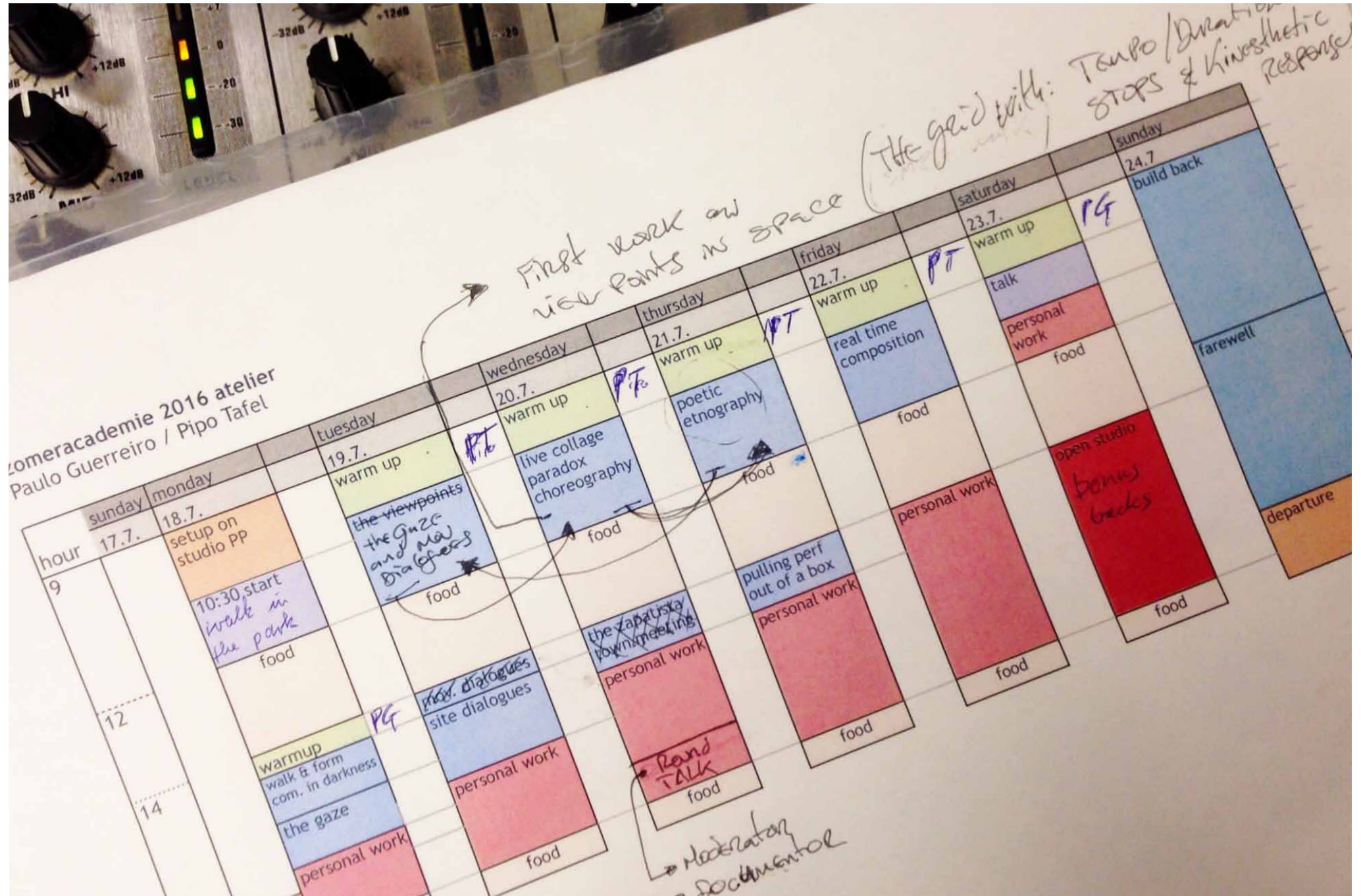
NOTHING IS SOMETHING.





THE SYSTEMS
ARE NEVER CLOSED

THEY CAN CONSTANTLY ADAPT,
CHANGE, EXPAND...





question of the day

What would you question today?



question of the day

**What issues have been
obsessing you lately?**

question of the day

When are you present?





DO THE WORK, HAVE HUMOUR, SMILE.
TRUST THAT SOMETHING WILL HAPPEN.

BODY NARRATIVES

MOVEMENT COMPOSITION LABORATORY

ZOMERACADEMIE 2016 DWORP EDITION

SEVEN DAYS WITH 11 PARTICIPANTS, BEGINNERS AND PROFESSIONALS IN THE FIELD OF
MOVEMENT COMPOSITION, BETWEEN 21 TO 52 YEARS

COACHED BY PAULO GUERREIRO & PIPO TAFEL

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ZOMERACADEMIE 2016 - A PROJECT BY DE VEERMAN & DESTELHEIDE