

Somatic Architecture Improvisation & Embodiment

ABOUT THE CLASS

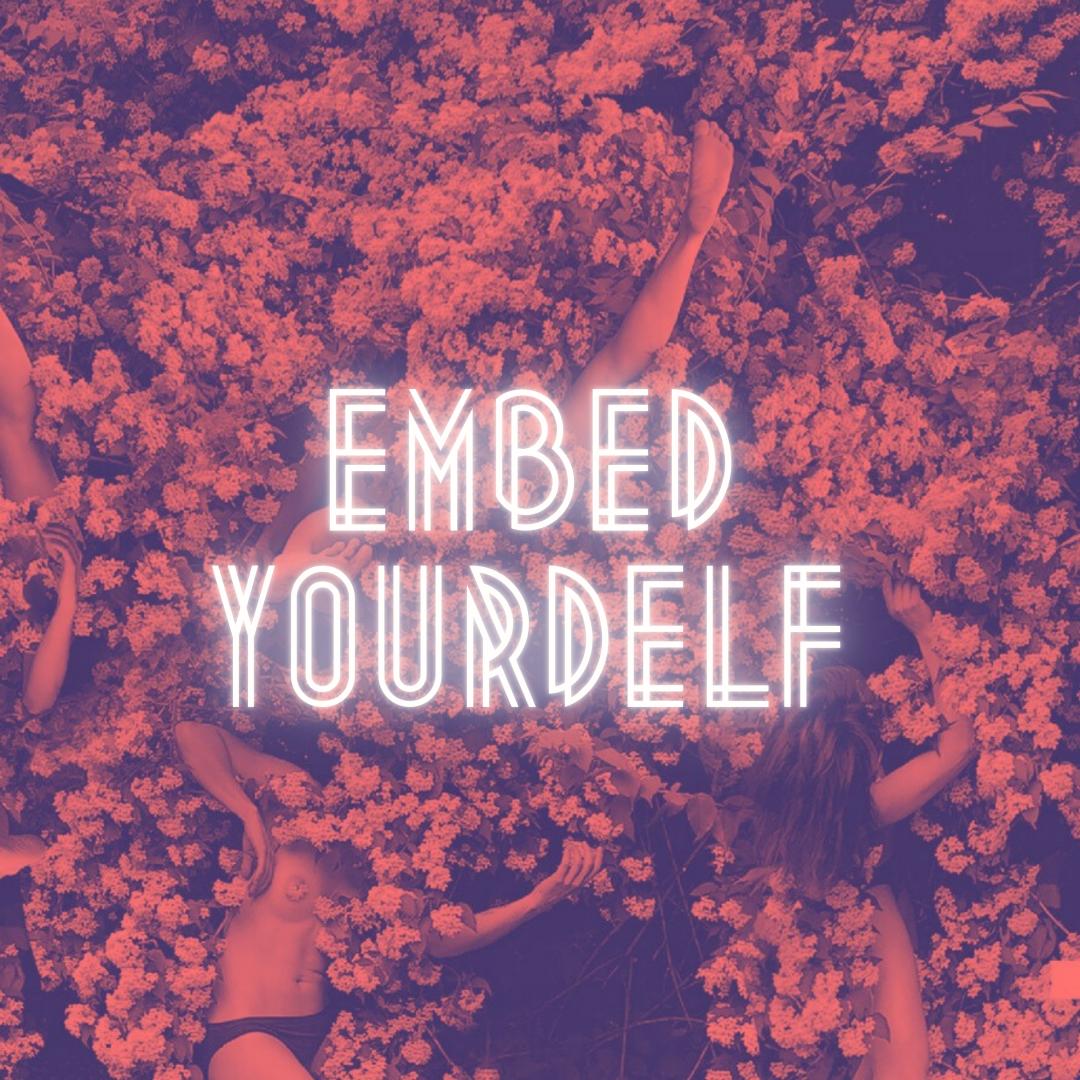
What is an INNERSCAPE?

Innerscape is the equivalent of landscape within our own bodies. They are the places within us that we only have access to through observation mindful attendance? We are the only ones who can reveal their form, their qualities, and their stories, which we can share with the world through various forms expression.

HOW DO WE THINK THROUGH THE BODY?

by processing sophisticated ideas and concepts into a knowledge that is deeply embedded in the physical to allow insight to arise.

[THINKING, REFLECTING AND CONTEMPLATING WITH THE BODY, BY LALITARAJA]



What is Embodiment?

Embodiment is a state. It is the manifestation of an idea, a thought, or an image through our bodies. By observing and acknowledging certain qualities that we carry within our bodies, we attend states of embodiment. At the same time, we can embody qualities that will improve our bodily conditions by interacting actively with our environments.

Embodied Design Embodied Architecture Embodied Imagination

In this class, we will focus on mechanisms of reading our embodied states and of storing new input through action. Our conscious actions will be the guide of our thoughts and ideas, and we will be the observers. We will use architecture as a tool to structure our wild imagination and actively design the narratives of our innerscapes.

MINDEUL

WHAT TO EXPECT

A process moving from chaos to structure

Our minds are wild and they feed off of chaos, chaotic images, chaotic thoughts, and ideas. At the same time, this state can be overwhelming and tiring. Our aim is not to fight against our thoughts but to "swim" within them and discover ways to follow them in a smooth organic way.

In each class, we will start from CHAOS and we will move to STRUCTURE. We will stand outside of our bodies, observe ourselves and sense the moments of engaging with our ideas, in order to weave the web of our innerscape narratives.

Movement and Improvisation

These will be the two main keywords that will help us focus on our bodies and attend to what is coming into our consciousness.

By moving around we are not just moving from A to B, we are activating our thoughts, our ideas, our stories and make them float around in space and time.

Improvisation is what happens to us when we are fully immersed in the movement. We stop thinking, we simply attend thinking while moving.

Working within a loop of movement-reflection we will manage to jump in and out of improvisation, in order to collect our images of our INNERSCAPES, the narratives of our own bodies.



Engage to creativity

Creativity is a dynamic bodily condition that we often don't know how to control. In this class, while we enjoy short dives into our moments of creative chaos and learn how to follow the signs to building our personal narratives.

Embodied design is a powerful tool that helps us learn how and especially when to engage with our ideas and when to involve them in our creative process.

Through improvisation, we will practice presence and mindful spontaneity. In a playful way, we will bring ideas in and out of our movement game and observe how our embodied narratives change within a time-space context.



Experiment with media

In order for our minds to move freely and be able to link ideas with actions, we need to be open to exploration.

In fact, freedom in exploration is also a creative process that we will learn how to unlock in order to let our minds go beyond our established patterns and let new fresh ideas jump into our practice.

Working with various media doesn't mean that we will have to go deeply into all of them. Our connection with different materials will help us trigger memories within our bodies, reveal images of our imagination, and even attend events of creation and transformation of a medium into its new state and form.

YOU NEVER
KNOW WHAT'S
INSIDE AN EGG
UNTIL YOU
CRACK IT OPEN

ONLINE

group CLASS

STARTING

3rd MARCH

18:00-19:15 CET online
private
CLASS

STARTING

1st MARCH

MONDASS.
THURSDAYS
on demand

THE
CLASSES
ARE
INSPIRED
BY:

GAGA dance
Feldenkrais Method
Body-Mind Centering
Free Associational Thinking
Improvisation Practices
Enactivism

