

31 AUG – 1 – 2 SEPT / 10:00 – 12:00

JURIJ KONJAR

Tuning-in with yourself and practicing together

These morning sessions will be guided sequences of suggestions, exercises and directions-to-explore, waking up your physical body and your attention. Not from a theoretical, but a physical, experiential approach. Yes, we will move - our destination will be towards our bodies and our awareness gently buzzing, three dimensional, anchored in present space and time. More specifically, suggestions will be made on how to include touch and weight, using them as communication tools/skills towards exploring bodily coordination, the space between and group dynamics. Each new day will build on knowledge of the previous, but each day will also be an independent unit. All levels of previous experience and body types are welcome.

3 – 4 – 5 SEPT / 10:00 – 12:00

IRENA Z. TOMAŽIN

Moved by Voice

Moved by Voice includes warming up the body and voice individually, followed by work in couples and groups. The work will unfold our voices through intense physical and breathing exercises, through different types of massaging the body and positioning it in order to listen and hear the inner stream of patterns, rhythms and (e)motions while opening the body resonators. We will explore the connection between *movement and voice* by tracing the physical impulses through improvisational tasks, observing how sound, breath and movement follow and complement each other.

6 – 7 – 8 SEPT / 10:00 – 12:00

MAJA DELAK

Some-Movement-Tools Workshop

The morning work aims to bring peacefulness and focus into the body. Through a series of exercises we will try to develop awareness of the body in the space, researching different types of togetherness and spatial relating within the group. We will work towards creating an atmosphere of trust to establish a connection with other bodies and be able to listen to each other. We will spend time to activate the energy to enjoy moving together.