



Movement laboratory //

A playful space to explore movement

Signe Koefoed

My workshop is set up as a research environment for dancers interested in movement investigation. It is designed to discover movement and its endless creative potential through structured play - alone and with partners. It aims to sharpen the senses towards the processing of movement material and to integrate the presence as an instrument of theatrical actions. Participants are led through structured improvisation tasks to explore movement principles such as space, initiation, articulation, imaging etc. It includes concepts of sight and sound to stimulate sensitivity and awaken the imagination in the process of improvisation. For the composing of movements, into a structured unity, principles of coincidence are used as a play method and approach to initiate new connectivities and interrelations between the elements of the composition. Working with partners, the focus is on a sensitization through the basics of contact and the interplay between leading and being led, moving together.

Depending of the interest of the group, the emphasis of the workshop can easily be shifted between an immediate casual process of practice, and a more method orientated process of improvisation towards sourcing choreographic material.

For more information and contact:

<http://www.signekoefoed.org>

signe.koefoed@diekunstapotheke.de