

FOR AUDIENCES

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January, 14-16, 2022

EXHAUSTION WORKSHOP WITH ANNA DUNLOP

Company: MOTiVE Brooklyn LLC

Venue: MOTiVE Brooklyn

Location: Brooklyn, NY

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Anna Dunlop

Free

As a part of a residency at [MOTiVE Brooklyn](#), [Anna Dunlop](#) will be holding workshops for New York based dancers, assisted by Bethanie Hayes, to continue her research in exhaustion in performance.

The workshops offer a new choreographic and performance technique, discovering a new way to access vulnerability, intimacy, and honesty through intense physicality. Through exhausting the body with fitness drills, before the dance begins, the mover is able to access their extremes naturally, and fully release. It is an attempt to bypass the need to "perform" emotion, and instead simply experience it, through the body itself. Movement at the limits of the body's capability is a touching and cathartic experience for both performer and viewer, and offers a unique technique to connect to the emotion held in your own body, and connect to that of others, in a genuine and unspoken way. The technique can be applied in many different ways, and participants will have their own interests taken into account in the focus of the workshop. They will be able to take this new technique into their own practice, for both makers and movers.

The workshops will consist of learning safe exhaustion techniques, sourcing from the practices of the participants, and develop into creative tasks, improvisation, and short phrases of rep to experience the full creative potential of the technique.

Anna Dunlop is UK based dance artist, who has premiered work in Holland, Canada, England, and Austria. Her work is influenced by cinema, physical theater, and horror, and explores themes of honesty and connection through physicality. Her research into exhaustion has been supported by ImPulsTanz, and currently by MOTiVE Brooklyn, in preparation for her collaboration with Bethanie Hayes in "Prairie Winters", scheduled for premiere in London in 2022. The workshops will form a part of that research.

The workshops will run between the 12th and 26th of January, lasting between 2 and 4 hours, with sessions running in the mornings, afternoons and evenings at MOTiVE's studios. Participants are welcome to join at any point through the two weeks, and there is no obligation or minimum for participation.

For the sake of the health and safety of the participants, it is important that they have an external fitness practice, as the exhaustion practice is physically demanding and risks injury if not well prepared. If you do not, but are still interested in attending, please do contact us, and we can assess your situation to potentially make allowances.

Contact us through email at DogstarDanceTheater@gmail.com, briefly introducing yourself, telling us what your fitness practice is, and which days you would be interested in participating

MOTiVE Brooklyn LLC
68 Jay St Studio 621
Brooklyn, NY, 11201
<https://www.motivebrooklyn.com/workshops>

Schedule
January 14, 2022: 2:00pm
January 16, 2022: 6:00pm

[< back](#)

[previous listing](#) • [next listing](#)