

Wednesday, June 6, 2012

## Peter Kyle Slow Tempo Workshop at Bearstow

info@peterkyledance.org, <http://www.bearstow.org/kyle.htm>

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Slow Tempo is an approach to physical performance that incorporates a slow movement practice with an improvisational sensibility. The Slow Tempo workshop taught by choreographer Peter Kyle combines the physical training method of Japanese theater director Shogo Ohta with contemporary dance techniques that emphasize the moment-to-moment fact of one's "being here." Through this work individuals develop improved concentration, sensitivity to the totality of thought and motion, and greater impact in performance.

Daily sessions begin with a thorough, full-body warm-up, followed by instruction in Slow Tempo technique. Additional structured improvisations allow for free exploration of moving in extreme slowness, where Ohta believed "we find fresh expression to defamiliarize our daily experience—to look again." Throughout the week we will compose a movement script in which all participants will perform. Ample personal time in the natural Bearstow setting will bring additional meaning and inspiration to this form. This program is ideal for actors, dancers, directors, choreographers, and anyone interested in movement and performance. Resident and Day Participants welcome.

The program takes place July 15-21, 2012 at Bearstow in Mount Vernon, Maine.

Visit <http://www.bearstow.org/kyle.htm> for more information and to register!

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