

Tuesday, December 2, 2014

Workshop with Nina Martin & Shelley Senter

Company: Movement Research Fall Festival
 Venue: Danspace Project
 Location: New York, NY

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Alexander Technique and ReWire/Dancing States

Nina Martin and Shelley Senter collaborate to explore areas of common interests where two modalities dance together. Both the Alexander Technique and ReWire/Dancing States are predicated on the notion that the body is always organizing for action before consciousness, often in habitual ways. We wish to examine the body's preconscious ability and desire for movement, observe what is happening in the moment (knowing we can't observe everything), and appreciate the utility of the gap between knowing and unknowing and its application in an aesthetic practice. As members of the Lower Left Performance Collective, Shelley and Nina have been investigating the relationship between their somatic practices for several years.

Movement Research Fall Festival
 131 E. 10th St
 New York, NY, 10003
 \$25
<http://www.jotformpro.com/MovementResearch/fallfest2014>

Schedule
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