



Images: Annika Miettinen, Principia, Kaaos Company 2022

Come and join this workshop to explore your body's natural movement in a playful space for your curiosity to roam. Dive deep; explore, sense and feel, and learn ways of expanding your body's range of physicality and perceptual expression.

We will approach dancing together as a simultaneous experience of listening to your body's own movement pathways and responding to given material. Over a held frame of three hours, you will be guided through warming up, exploring experiential practices, and being in the dance through improvisational tasks, with a range of music and sometimes in silence. All experience levels and embodiments are welcome to participate in the workshop.

Bio:

Georgie is a dance artist and pedagogue from Aotearoa (New Zealand) with 20 years of experience in the field. She completed her dance pedagogy MA at Helsinki Theatre Academy in 2019 and has been living and working in Finland as a performer, teacher and artist since 2016. Her art and teaching practice spans inclusivity, experiential and somatic modalities and relational natures of being-with.

WHEN: Sunday 4.12, 10:00 - 13:00

WHERE: Mahdollisuuksien talo, Kauppakatu 19 D, sisäpiha Jyväskylä

COST: €35 - €50 sliding scale

To REGISTER: send an email to georgie.goater@gmail.com

