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sndo2

Element of the work « Motor for Hope », June 2020

Part of the festival « La Granda Affirmação »

SNDO—School for New Dance Development, amsterdam, netherlands

SELF-OWNERSHIP

*an imaginary
wokshop*

i imagined a « Self-ownership workshop », based on the notion and practices of self-reappropriation. Ideas of elements include : (critical) authentic movement, write one's story, one's dreams, fictive futures, the "Wings of desire" exercise, isolated dance in the dark, meditation, astro charts, self-body work, stroking, sexing. Potential homework could feature: pictures browsing and reading old emails from close friends. Then sharing experience in class. Option to ask others how they perceive oneself. Auto heart circles. Grounding exercises (see Alicia Grant), training all senses (→ sensorial recovery, ++ Isabel Lewis). Seaweeding. Encouraging everyone to build personalised self-care routines. And identifying (?)

Second part could be theory and practice about how codependent we are and how healthy it is *if we remain in ourselves meanwhile*. "Being alone together".

~ matching breathing patterns in partners (back2back)

= teaching each other the art of being with. About patience. About attunement

~ then boundaries work to come up with

~ *invite* gestures. Invitation. Human need. Feeling invited

~ dancing = losing oneself, finding oneself and expressing oneself

~ sound circle (cf. Cara Page in 90s!)

The only way to survive this world is to know oneself and to relate to others; with knowledge and empathy.

Dance = taking all the space we want in all body shapes and expression tones we want; no outside eye, no boundaries; just an encouragement.

Notes on autism movement therapy:

Shared movement and shared rhythm fosters connectivity.

Same beat, same time, synchronicity.

~ walking together side by side on a beat

Something inside of us wakes up.

Kinesthetic empathy, keystone of DMT.

> sometimes the only way to connect if one is blocked

> but then how do blind or deaf humans do?

Notes on dance therapy videos:

~ reproduce movements given by one after the other

~ warm up: body grounding exercises to feel personal space, body specific exercises to focus and listen to one's perceptions

~ continuous circular movements (would that include seaweed? = waves)

Now feeling one's kinesphere.

~ sitting, spreading arms, observing one's body, then others's (cf Shannon Cooney)

~ learning thus one's movement style and ways of communication

~ then: starting creating relationships with others through movement

~ experience slow movement vs. fast movement (eyes wide open vs. half closed, or head down head up, still or agitated...reminder: dance floor is a mirror of social life)

This helps ppl to notice what's the most comfortable and familiar (also to be confronted, to accept and deal with other ways)

Practiced/ experimented with a partner, using opposite-complementary qualities, then in same qualities

Shared space meeting other spaces

- ~ experience amplifications
- ~ checking weight of limbs when moving them
- ~ observe one's own body from close, for 10min, browsing the landscape of one's skin
- ~ 2 groups inventing choreography; they have to try influencing the other (one after the other). Sharing being similar and being different and how it feels.
- ~ end: whole group choreography with all elements, maybe finding words that emerge and develop choreography, which encompasses all that happened during the class. Physically, emotionally, cognitively
- ~ sharing of words at the end, everybody can talk, everybody can also not talk
- ~ then group, personal and collective, reflection on collective dynamics, linking with daily life situations
- ~ group creates a movement ritual to end

i wish to experiment some of those practices during an online gathering that i co-organize and facilitate this summer, a non-mixed gathering for people identifying as Trans, Intersex, Non-binary or/and Queer Womyn.