



## Dance New(s)

does 'new' exist for you?

as a dancer, as an artist,  
as an observer, as a human,  
what does 'new' mean to you?

The aim is to develop a space  
where you will be able to make  
something new and personal to you.  
We will shape and search for this 'new' by using  
somatic choreographic skills and staging methods.  
Please bring your 'new(s)' with you, on you,  
in you, around you and be ready to explore!

During breathing there is a pause.

A breath pause. A pause of air.

In this pause there is nothing,  
just emptiness where everything is possible  
this is where the new grows.

We will use natural action such as  
Rudolf Laban's whipping, pulling and running  
between others, while being aware of how our  
breath reacts to those actions  
and what occurs to the outside space.

This workshop is a melange of an intellect yoga (shri vivek),  
which explores the real need of you and the creation  
during choreography or performance.