

MOVING FROM THE INSIDE OUT: Meditation, Meditative Awareness and Improvisation

workshop with Steve Clorfeine



We begin with the powerful tools of expressive movement: stillness, silence and space. From that foundation, we investigate the contrast between the empty space and the qualities that our activities project onto it as we dance, act, and tell stories. Our improvisation practice works with six energies: space, time, kinesthetic, relationship, image, and story. These energies and the dynamics that arise from their interplay inform the choices we make as improvisers - our entrances, exits; beginning, middle, and end. How can we be ourselves in the moment and embody what we want to communicate? How does composition interact with our awareness of the shifting ground of improvisation? We will practice with forms which define and sharpen our relationship to space and to each other: solos, duets, trios, and group work in sound, movement, and text. Our work focuses on being and doing, exploring our natural strengths, doubts, attractions, and inhibitions. I think of improvisation as fieldwork, an open laboratory for expressive communication; a heightened awareness that develops and shifts with natural grace.

The workshop will culminate in a showing on Friday 2 Sept. at 21h, where we will move some of the scores that we have worked on for an audience.

The workshop will be taught in English, we'll have translation to Spanish.

Steve Clorfeine, teacher, performer, writer, director, presents workshops/trainings in Asia, Europe, and N. America. He works with a wide range of participants including theatre professionals, teachers, consultants, children and university students. He's been a member of the creative process team at ALIA (Shambhala Institute) and of the Naropa University since both their inceptions. Steve has performed off-Broadway and in European and North American art festivals since 1975 with Meredith Monk and with Ping Chong. In 2008-'09 he received 2 U.S. Cultural Envoy grants to produce theatre pieces in India and in Nepal. Steve is the author of a Nepal travel journal, *In The Valley Of The Gods*, and of several collections of poetry. He lives in New York. www.steveclorfeine.com

Dates: 29 August-2 September 2011 (10h-13h and 15h-18h)

Place: Area, Espai de Dansa i Creació
Alegre de Dalt str. 55bis - 08024 Barcelona

Fee: 180 EUR (Early registrations by July 1: 160 EUR)

To register for the workshop send a CV: helenapellise1@gmail.com