

Pedagogical Workshop Proposal
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title	Movement workshop, related to the stage production <u>'Hasta el infinito y más allá'</u> (<i>To infinity and beyond</i>)
for	students, novices, aficionados of dance and movement, vulnerable communities, women, LGBTQ+ community, older people, the international professional dance community (online)
age	from 12 years old, and beyond...
groups	of 8 - 20 people, depending on the space and sanitary measures
duration	between 1 - 2 hours (with breaks if necessary)
requirements	ample space, comfortable clothes, and ideally a sound system

Taking into account the **theme** of the project, the sessions will focus on ideas and tasks around: darkness - silence - what we cannot see - listening - action - sensations in the background, behind the distractions - the fight or flight instinct - fear - judgment and criticism ...what we do when we don't know what to do...

The **objective** of the workshops is to:

- Use movement to explore and discover relationships with ourselves and with others.
- Facilitate and nurture space for the creative potential of the body, and that which it is composed of: sensations, emotions, thoughts and concerns, physical and mental mobility, imagination...
- Utilise movement, from the perspective of contemporary dance and physical theatre, as a channel to free ourselves from habitual ways of thinking and behaving, and to open up to possibilities of the unknown.

Methodology will include:

- Body and space games - balls and/ or object games - exploration of movement sequences and patterns - guided improvisation - individual, partner or group activities (non-contact).
- An important part of the sessions will be talking, describing and reflecting on what happens, and exchanging experiences.
- The specific content of any session will always be tailored to the particular group.