

Laura list of interests

F = Format/context

M = Movement/physicality/practice

T = Theme/topic

BodyMindful Tools - M

This comes from my own learning process inspired by 4 years of studying counter technique and my recent studies of the Alexander Technique.

These techniques give you tools that can be used as inputs in both dance and everyday movements, allowing you to release unnecessary tension and allow the space in the body to remain open.

By giving space to the spaces in the body, we are finding space for movement.

I use this technic to warm up, but the tools I can use every time if I need them, in every research.

This week I was focusing on letting space between my ribs, and by letting my ribcage open and wide it created space the organs underneath.



Verbal labyrinth - F, M

Last week, I became interested in exploring communication methods in several channels at once: verbal expression, vocal delivery, posture and movement. Often it is the incompatibility of different channels that causes conflict and tension:

E.g. offensive verbal phrasing said with a broad grin, or the way a statement made from a tiny contracted body suddenly becomes hard to believe.

more aspects

- How to deal with e.g. your own body and body feelings during an assertive communication workshop where you practice communication in imaginary situations. How does thinking about my body change during a discussion? How it can help to recognise and deal with a passive aggressive situation if we can articulate what is happening to both bodies in a movement.

- At the same time, I'm also interested in a creative format, in a performance, where something is happening verbally and then something completely different is happening with the bodies in contact. What does the contrast cause, how does it change meanings?

- The practices brought by others this week have started to expand the sides of this focus point for me. For example, the 'Point of view' exercise where we positioned ourselves in space and time by standing, walking and sitting, could it have become a body language practice at one point or did it become one?

- The verbal labyrinth for me also includes stereotypes, the appearance of which is also sharpened by language. And how we can use our own movement-based practices to deal with these. For example, with the female, male heterotypical practice objects.



Superhero - F, T

The theme and phenomenon of the superhero is the focus of my current work. The question of superheroism is based on childhood desires, the liberating power of role-playing, and the embrace of imperfection. It is a way for me to step out of my own learned helplessness, to reduce my anxiety by acting.

