

Tier5 Individual Contribution - Anna Szepes

Bodyssey Training

This is the outline of a workshop I brought in as a participatory movement practice for one of our working days. It is inspired by another collective's training practice where I'm a performing member in a sensory theatre experience. The trainings of the Bodyssey Project are based on Grotowski's work and combined with rhythmic, drama and touch-based exercises leading into creating blindfolded immersive theatre experiences.

MIMICKING (whole group)

One person starts a moving+verbal performative gesture based on their current feelings and the others act it out, enlarge it to a parodistic level and get into that state collectively until a new input comes.

BODY-INSTRUMENT (in couples)

One person has closed eyes, they are the sensor, the other gives the touches and impulses:

1. Warm (full palm) and freezing (pointy) finger impulses in own pacing and placing.
2. The touches generate movement in the sensors' bodies.
3. The touches generate movement and sound.
4. The manipulator creates a musical piece out of the bodies voice and movement.
5. Change of roles.

LEAD AND FOLLOW WITH CLOSED EYES (in couples)

One person with closed eyes, the other leads

1. Establishing connection, finding the safest, most comfortable connection in leading from the back, just walking and stopping.
2. Experiment with tempo, direction
3. Experiment with levels
4. Experiment with different modes of touch, leading (e.g. Push/pull, let go, touch in different bodyparts)
5. Attention to space
6. Include object, touch of space
7. Jam of all ingredients
8. Change of roles, reflection.

BACK-STORY (in couples)

One person lies with eyes close, the other tells a story via a massage-narration, tells a specific story with vocal sounds, massage moves, touches on the back-body. Then the person tries to narrate verbally what the story was about.

LEAD-FOLLOW TALE JOURNEY (in couples)

Mixing touching, sounding, leading examples of the previous exercises, the open eyed leader takes their closed eyed partner on a journey, where they create a story on-site where the closed eyed person is the protagonist. The story can include narrative elements and walking, moving, touching, interacting with objects, spaces, others, etc.

SHELLS (whole group/couples)

Half of the group become closed shells, laying in a physically protective and closed position around the space. Each shell gets a human partner, who's task is to

FLYING (whole group)

Collectively lifting up and carrying around one person or letting one jump with their back into our arms from a table.

In the space we only had time to complete the first three exercises because i felt the urge to let people go deeper and bodily understand the practices rather than rushing through everything.

Personal note:

Via gathering the references of 'morethanchoreographic' works, I realized that although i find visual/conceptual arts, architecture, machines and technology, gamification fascinating tools for participation, there is deeper connection to works that provide immersive participatory trajectories and events and rituals where participants and spaces become performative as well.