

KNOWING WITHOUT A NARRATIVE

Group Improvisation Workshop

Michael O'Connor

We are used to believing our thoughts naturally take the form of words or sentences, but mostly we generate meaning and knowing at first without words. On a sensorimotor level we understand. This workshop aims to give participants practice in reading the space and others as data and understanding the different options available as a bodily response. By engaging in practices that sharpen the dancers eye, allowing them to read their partner and space around them we find ways to generate meaning and explore reasons for movement. This work blurs the edges between vision and listening, so that we can listen with our eyes and understand space with our ears. By finding metaphoric tools to translate sound and space into movement, the work expands the range of dynamics available to the dancer. Putting terms like modulation, attunement and resonance into practical forms that are retrievable as a physical understanding and not only a concept, the dancer can strengthen their spatial and temporal sense. Besides working with sound and human voice, the practice works with the extra-personal space, the action space and the peripheral space. We don't break old habits; we instead awaken our perception to many new possibilities and engage ourselves with impossible tasks that there becomes no space or time to fall back on old habits. The biological and psychological information carried in the body is witnessed and explored in order to quiet the mind and sense the body knowing without a narrative.