



Practicing Places 3

30th July (3pm) to 4th August (1pm) 2019

Abercych, West Wales

This summer's workshop with Simon Whitehead and Kirstie Simson follows on from inspiring and connective experiences during the last two Practicing Places In Pembrokeshire, West Wales. Kirstie and Simon weave & share their practices through these days, in the village hall in Abercych and surrounding landscapes.

Kirstie : Moving Bodies | Empty Spaces

An Exploration of Freedom through Dance Improvisation

There is deep inspiration and rigour in a practice of improvisation that posits vulnerability at its heart. Developing the skills to be able to care for, engage, respect and respond to that state of vulnerability in oneself and others gives life to improvisation that is powerful and transformative.

This is the work that Kirstie engenders through facilitated exercises, open time for play and exploration, movement scores, observations and discussion. Much of the work is experienced through partnering and connection with others, balanced with solo time for processing and reflection.

Kirstie's art form is her life practice, and she shares insights gleaned from thirty-two years experience of living dance improvisation. Kirstie draws from her knowledge of contact improvisation, dance techniques, the Alexander technique, Aikido, meditation and her extensive experience of improvisation in performance. Her work explores the huge potential of the body's response to the primal urge to move, inspired by the energy released through human interaction, physical challenge and a daring to go beyond inherent ideas of limitation. Her current questioning pertains to the relevance of artistic practice in today's troubled world.

Simon : Tangle

Moving from the premise that we are all active in processes of place-making, Simon will propose a number of ways to collaborate tenderly within a tangle of places, atmospheres, materials, humans and other beings. There will be opportunities to work solo and collectively both in and through the different terrains of the valley of Cwm Cych: the river, a field, a woodland, a water fall; as well as the nearby Pembrokeshire coast. We will also approach the nighttime; using scores and exercises that take us through dusk into the darkness to move and work together.

Over the last 17 years Simon has located much of his practice in the valley close to his home. Walking and encountering places, objects and events, he responds physically, making performances on foot, often fleeting, ephemeral and playful. At present he is working on 2channel, a collaborative project with sound artist Barnaby Oliver, working through their local rivers in Abercych, west Wales and Melbourne, Australia. A conversation between artists and friends living at distance, whilst disclosing a river's everywhere-ness.

www.simonwhitehead.net
<http://www.untitledstates.net>



This year there will be an opportunity to share participants' performance practices. We will be searching for creative ways to do this over a couple of evening events.

Cost: £350 (non residential, includes supper on first day)

Contact Stirling for booking info & accommodation list: rstirlingsteward@gmail.com