

HANGING OUT WITH THE BODY

Open Call:

***With *Hanging out with the body* Loïc proposes a day workshop: 'Let it be an oasis for the body to interact with itself, with its surrounding space, with others, with ideas, concepts and situations. Let it enable us to spend time with things in a non-productive mind-set yet allowing islands to arise. Let it last, and let it be an inspiring playground. From that, dance might arise.'* Loïc Perela**

For this workshop are welcome to subscribe performers in the field of contemporary dance, mime, physical theater as well as performance art. Participants should have a professional experience of at least 3 years. The idea is that as a participant you have curiosity in exploring the sensorial body, in spending stretches of time on one activity, on contemplating. This is not a technical workshop; it is rather a framed hangout where we will cultivate soils, plant seeds and stroll through gardens (metaphorically speaking).

There will be a maximum of 20 participants.

To sign up send a mail to Loïc at loicperela@hotmail.fr where you can write a few lines talking a bit about yourself and about your interest in the workshop.

The costs of the 1 day will be 40€.

Read below for more content info about the workshop and its mindset.

About Loïc's work

Loïc; 'I create dance performances as a tool for growth, for reflection, for the experience of the sensorial, for the potential to enter a conscious state. I wish for the theater to be a place where that can happen. Where artists and visitors can meet to experience together and share a moment through which they will connect to a deeper self on the one hand, and to a collective awareness, on the other hand.

I am very interested in materializing the in-between, the non-said, the silence, the invisible.

I aim at generating compositions that appear to be natural unfolding of events, very sensorial and experiential in the way they are perceived. My focus during the creative process is on clarifying the precise structure needed to generate such outcomes. This is what I call hidden choreography. I envision choreography as a medium to move bodies as much as a way of moving space, sound and time. Those elements are composed within situations that become islands of possible meanings

and sensations. Their resulting energies have an effect on their surroundings including the visitors.'

The workshop

Loïc: 'This workshop *Hanging out with the body* is intimately linked to my choreographic practice and the pieces that come out of it. I see it as a way of learning through the doing, equally for the visitors as for myself. I believe it could be an interesting platform where we can inspire each other.

During this workshop I am obviously interested in addressing the sensorial body as a departure point as well as sharing the mind-set with which I work, namely: hanging out with things. This will be clearly established with the *Conditioning* (I explain below what that is) and carried on for the rest of the day(s).

Composition being one of my strong interests we will play with possibilities that will derive from the *Hangouts* (I explain below what that is).

The use of the voice being lately present in my practice, it will also get a focus. We will hang out with our voices and find intrinsic connections between body, breathing and voice.'

Conditioning

Loïc: 'The Conditioning is approximately one hour and a half of guided improvisation not based on form. Starting with eyes closed and paying attention to our breath we (re)-discover the body by allowing it to move, observing sensations arising within.

Through a set of guidances we gradually open our senses to become more awake.

Once we are fully open to our individual moving bodies and to the surrounding space we open to each other and interact in ways that increase our being sensitive.

This practice is about meeting the body, the space, each other and developing skills to be present and intuitive.'

Hangouts

Loïc: 'The hangouts are durational practices that propose to hang out with things: ideas, tasks, concepts, situations, voice, you name it. All the practices will focus on being present, on considering and evaluating the body in relation to the object of attention in a non-productive frame. Indeed, proposing frames of time to hang out with things allows space for not knowing, for trying, for failing, for finding and moving on, for being with things with no expectations. One of our challenges will be to cultivate our attention through those hangouts, and that is also a strong interest of mine as well as a strong part of my work.'