

**Atelier | Encrouter
around Improvisation**

Let's finish the year in beauty with

THE POSTURE OF LISTENING



27 | 28 | 29 December 2023
10:00 - 12:30

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Studio LOFT | Gaillac (81)
2, rue Peyriac

The posture of listening, particularly in improvised dance, is understood as a participatory, dynamic & living state. A relationship of reception & response. The ability to resonate & the de-liberation of our acting are the fruit of a "received body": a body supported by

- the tangible & confirmed effect of floor support
- the precision of sensory information & the full presence to our perceptive awareness
- the intimate interaction between internal & external space as a sensitive language with poetic value, reliable source of inspiration & creative scope.

This guided practice is open & accessible to performance artists & anyone interested in dance movement & creating in real time.

Gauge/matinée : 7 places

Reservation required via ap.seuils@free.fr

Contact/info : 00 33 659 30 76 95

Price : 25 €/matinée

65 €/full cycle