

Outside, In

Movement Workshop

Held in the Wytham Woods

June 22nd
10:00am-4:00pm
£60

Outside, In is a one-day workshop that offers a diversity of movement explorations, aimed at attuning the body to itself as well as to the environment of the Wytham Woods. We will begin with a warm up that addresses the more concrete elements of the body- muscles, bones, connective tissue, and from there work in ever widening circles of subtle energetics and sensitivities to our own internal landscapes and the landscape around us. This workshop is open to people of any experience/ age/ fitness level. The only requirements for participation are curiosity, an agreement to be respectful of the Woods, and the willingness to get down onto the ground and hence a bit dirty.

To **register** or if you have any questions, please contact Macarena at: makaodancer@yahoo.com

About Macarena and Dana:

We met in Japan about 20 years ago while working with dancer and farmer Min Tanaka. The friendship and investigations that began in the tea and vegetable fields there continue to grow and develop.



I was born in Chile in 1972 and have lived in the UK for the past 13 years. I am currently based in North Oxford, where I live with my two daughters and am always developing my work as an independent solo artist, teacher of Dance Movement and Body Work Therapist. My original training was in the field of dance. I hold a degree in dance and I have performed in New York, Houston, Italy, Chile and Japan. I experienced several residences I did in the countryside of Japan at the Body Weather Farm- led by well-known dance maker Min Tanaka. For more than 20 years I have been dancing and searching for new languages of expression and training to condition the Body.

www.macarenaortuzar.co.uk



I am a dancer, movement teacher, mother and gardener from the US, currently living in Switzerland. I call the collection of my physical practices and research Elemental Vessel. My primary sources for movement investigation are Body Weather, Qi Gong, Natural Movement and Noguchi Tai-so. I have been teaching "Dance on Land" with my husband, Shinichi Iova-Koga, since 2006 and am a member of his dance theater company inkBoat. My life-long passion is searching for the intersection between listening deeply to one's own body and listening deeply to the non-human life forms that surround us. I learn a lot from climbing trees.

www.elementalvessel.com

