

slowdanger workshops

Recurring:

SPI

slowdanger's Physical Integration (SPI) is an explorational movement experience accompanied by an evolving sound score. Inspired by their studies in somatic practices, BodyMindCentering, Laban Movement Analysis, Movement Theater, Corporeal Mime, improvisational and compositional studies, slowdanger guides participants to investigate non-verbal processing mechanisms through movement, groove, and sensory stimulus. SPI is designed as an open-level practice. It challenges participants to explore connections to body, sound, and their environment. These connections are used to play, investigate, and regenerate. SPI is an open-level workshop.

STECH

slowdanger's STech is a movement workshop focused on exploring contemporary and postmodern techniques through a creative and performative lens. Dancers will be challenged to view their technical foundations as a support system for further risk taking and expansion. STech asks participants to push past the commonalities surrounding technique, allowing one to further character development, qualitative filters and more.

STech is best suited for the advanced movement artists and practitioners.

Sequins Sequence

Sequins Sequence is a 90 minute workshop led by slowdanger directors anna thompson and taylor knight. This workshop focuses on generating and linking together contemporary floorwork based movement sequences. Participants will be facilitated through repetitive and iterative based movement pathways that focus on somatic sensation, texture and sustainable pathways, building and linking them together as the session goes on to create longer phrases and choreographic sequences. This class is a research based class and allows space for taking time to discover pathways and question how it can evolve and change for each unique mover. This practice is best suited for the advanced movement artists and practitioners.



Special Workshops/Intensive Studies/Labs:

De-Mystifying the Box

De-Mystifying the Box, is an open level movement workshop and dialogue series exploring the embodied and emotional impacts of the climate crisis. Within this workshop, slowdanger will engage participants in creative process frameworks and somatic experiences to sense deeper into the micro-ecosystems of our bodies. We will use groove, effort, awareness modalities, and authentic movement to move collectively for 1.5 hours. The final half hour will be used to engage in a collective dialogue process surrounding the themes of *SUPERCELL* and the local impacts of the climate crisis on our Pittsburgh community. *SUPERCELL* Advisory committee members will also be present at select workshops to support the facilitation of that dialogue with community members.

Resonant Body Research Lab

Resonant Body research lab was a 4-day research incubator exploring the ontological relationship of sound and body. Participants will be facilitated through research modules exploring theories in motion, invisible architectures, vibration, groove, texture and more. We will move, sound, write, hum and vocalize as ways to tune into listening deeply to somatic and sensorial information. Artists will also be introduced to the Digital Audio Workstation Ableton, as a program to collect, remix, and reorganize captured material. Movement will be used to free the voice and release the body. This workshop was designed and debuted 2022 at Velocity Dance Center's Seattle Festival of Dance + Improvisation (SFD+I)

SPI JAMS

SPI JAMS is a virtual movement workshop series combining slowdanger physical integration workshops with original mixes/playlists from featured sound artists and DJ's. This series was hosted on ZOOM and featured a playlist or mix from a different sound artist each session. SPI JAMS is an open-level workshop series.

SPI JAMS was designed during the COVID-19 pandemic to maintain a consistency of practice during a period where in-person gathering was not allowed.

ResearchStudy

ResearchStudy is a three day invited process lab for performative research held by slowdanger. With "ResearchStudy" we intend for participants to feel challenged, empowered, and engaged. We aim to encourage physical and conceptual risk and experimentation within the individual participant through shared practice, application and response. Within an intimate yet casual atmosphere, we will play and laugh while also allowing ourselves to dive into processing insecurities and fears around witnessing and being witnessed. We will examine how performative practice can further deepen the lives and disparate practices of the invited artists.

**to book a workshop please email slowdangerslowdanger@gmail.com or visit our website www.slowdangerslowdanger.com*