

Saison Artist in Residence Online Workshop

“Aii kata kata” by Acaye Elizabeth Pamela Kerunen [Uganda]

14 February, 9:00-10:00 (GMT) / Zoom online / free of charge



“Aii kata kata” is a sound, and movement choreography technique Acaye have developed that quickly breaks through person mind barriers. It triggers the mind to open up by relaxing the body whilst warming it up. Being routed in rapid trauma relief therapy, its ideal for all age groups. It also surpasses racial differences since it focuses on the emotions inspired by sound to create movement in the moment.

Duration: 50 minutes

Requirement: Comfortable clothing and a yoga mat. An open mind.



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“In the mode of Earth” by Kristīne Brīniņa [Latvia]

14 February, 11:00-12:30 (GMT) / Zoom online / free of charge



“In the mode of Earth” is process based movement practice, what is related to Japanese Butoh dance principles that involve earthbound physique and the natural movements of human being. It is research of the body language based on nuanced movement performed with internal muscles. By the imagination participants are invited to merge boundaries between man and nature creating associations in body with natural processes – a crumbling mountain, a melting glacier.

Duration: 90 minutes

Requirement: Casual clothing.

- Please (if it's possible) take care that you have some furniture available. It is recommended that surface is soft and comfortable - for example, sofa. You can also be on the bench in the park or on the street (it's not soft, but still can open up some movement possibilities), or somewhere in nature, lying on an uneven surface.
- Any size of the space is suitable.
- Please make sure you have access to drinking water. If it's possible don't buy water in plastic bottle.



To register for the workshop, please fill in the Google Form: <https://forms.gle/4iqKERWbCS7FMj5o6>

You will receive a link of the Zoom meeting via email few days before the workshop.

For the details of the artists, please visit our website: http://www.saison.or.jp/r_morishita/2020/ORR_outline_E.pdf