



Moveable Support

What do we need to move from a static back and forth dance, to a more active support of our partners movement? Using aspects of early developmental patterns to explore fundamentals of under and over dancing, we will explore how we can then free up our dance to take lifts into more dynamic dance that supports our partners weight as well as our movement in space. Pivoting, reaching, pushing and dancing our way into three dimensionality...

The class is open to all levels, though a basic experience of 'basing' in CI is advisable. It will incorporate aspects of Body-Mind Centering® as well as CI.

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Mark Rietema teaches Somatics and CI in London and abroad, and offers workshops, lectures and group facilitation around embodiment, dance and mental health in places such as King's College, the NHS and grassroots groups. He works as a psychotherapist and somatic movement educator, having studied Process Oriented Psychology and Body-Mind Centering®. His previous background is in community arts projects and performances (UK, US) with an MA in Community Arts from Goldsmiths. He teaches as faculty for Embody Move UK, Institut Prozessarbeit Deutschland, as an associate in King's College, and as a guest teacher in various institutions. He recently completed an Erasmus research project around creative pedagogies in higher education.