

## Evolving Pathways

From our very beginning our cells communicate and correspond.

In this venue we will research and develop an understanding of the nervous pathways and its connection to the neuroendocrine system and its continuous dialogue between perception and sensation.

The practice of Contact Improvisation trains the nervous system both physically and mentally to be in a state of preparedness for movement and choice making encouraging a readiness of the reflexes and senses, to participate in our dance process. We will focus on quietening ourselves through these specific body systems and tissues, listening deep to the dance within us, our partner and the group. Experiencing ourselves from these new physical terrains we will expand our dynamic images and find the beauty of expression in our emotional and physical states. Dancing on these evolving pathways deepens movement creativity, clarity and intuition. The body is being minded and the mind is being embodied.

**Ka Rustler** creates, performs and shares her research and teachings in an international circuit. Working with pioneers in the field of improvisation, theatre and dance she has been a collective member of Tanzfabrik Berlin, co-author of multi – layered productions and performs with numerous artists framing social and ecological contexts theoretically situated within feminist understandings of embodied subjectivity.

As a Body-Mind Centering® Practitioner & Teacher for over three decades, her work experience includes somatic psychotherapy, applications and methods derived from BMC® and other somatic practices and their relevance at the interface of performance-neuroscience –somatics. She is a member of Cranky Bodies a/company testing non-hierarchical and cross-generational collaboration in an international collective and continuous work practice, co -founder of the Authentic Movement Research Group Unwinding the Body and of C.A.R.E. an education program for teachers and therapists to support babies, children and adolescents in their developmental process.

Living next to the forest, neighboring a farrowing brook, she is married, mother of two children, stewarding a permaculture garden with newts, violet carpenter bees as well as edible treasures and (potent smoothie) weeds.