



Photo: Patrick Beelaert

Soft eyes & playful readiness

Feldenkrais & Contact

Exploring through Feldenkrais, we will investigate how eye movement can influence the orientation, coordination, and balance of the whole body. Since vision and kinaesthetic information work together, improvement in the area of our brain

dedicated to processing visual information will affect other areas of the

brain, enhancing our movement and overall self. Both as soloists and with partners, we will practise seeing and looking while maintaining 'soft eyes' and cultivating readiness. By observing and navigating the confluence of input from physical contact and visual information, we will enjoy playing with orientation and disorientation, allowing surprising dancing to emerge.

The Feldenkrais Method is a somatic discipline which uses experiential learning to achieve a psycho-physical awareness of the whole self. Directing attention to internal sensation through exploratory sequences of movement, we will question our habits and clarify our choices in order to promote efficiency, freedom and new possibilities in our physical organization.

Simonetta Alessandri is an Italian dance artist and somatic educator based in London. Her work is informed by more than 30 years of dancing, teaching and

choreographing. She is an internationally recognised teacher that applies the

Feldenkrais Method in dance and movement training as well as performance

making. Since 1991, Simonetta has been practising, performing, and teaching

Contact Improvisation. She kept Contact Improvisation alive in Rome

for more than ten years through her classes and jams. Currently, she

teaches at Trinity Laban, Goldsmiths University and London Contemporary

Dance School. She holds the Postgraduate Diploma from London Contemporary Dance School and she is a Fellow of Higher Education Academy.