



Grounded play in the "in-between"

This class will explore opening up possibilities for being and moving together from a place of groundedness and ease. We would begin with practices that encourage and prepare our bodies in moving multi-directionally through softening, finding support through the ground, freeing and awakening the spine, hands and feet. We could stay a little longer in sensing and receiving the quality of the contact through exploring different 'touch', such as how you are in-touch with yourself or let others and the environment touch you. Through moving fluidly between the light and spacious, sturdy and supportive, Quiet or Wild, how do we let curiosity and awareness tune our bodies to be-ing more available? Can we open up unfamiliar pathways for each other safely? What are the in-betweens that we are aware of?

Emily Yuiming Wong a dance/movement facilitator and performance artist from Hong Kong.

With a training background in ballet, she developed her interest in movement improvisation and practices related to the somatic field during her BA and MA studies in the UK.

After moving to Beijing, she continued to teach various dance forms/movement practices. She became part of the core group in the Beijing CI community where she helped with teaching and organising classes, workshops, labs and performances. She was also engaged in performing and creating, there were solo and collaborative works devised for different spaces, with artists working in different disciplines.

She is now based in London and her interests include researching and sharing body-based creative practices (lately that means incorporating writing and putting things together) that encourages wellness and values improvisation as a life practice. Currently she is also in her Craniosacral Therapy training.