

Saison Artist in Residence Online Workshop

“Dance the instructions already written in town” by Megumi Kamimura [Japan]

20 February, 9:00 am–10:10 am (GMT) / Zoom online / free of charge



We are always surrounded by various kinds of public signs in our social lives. They tell us what to do, and what not to do i.e. no smoking, no entry, stop, keep to the left, etc. We are choreographed by those signs unconsciously, as it can be seen that under the pandemic situation, we accept even more signs like; keep distance, wear masks, etc. In this workshop, I'd like to figure out how we are affected by those signs physically and psychologically through several tasks using/misusing those signs.



Duration: 60-70 minutes

Requirement: Please prepare the following and enough space for your own body.

- 4-5 sheets of paper (notebook size is enough), a pen, and Adhesive tape or blu tack

*15 places are available for dancers and non-dancers age, until completed

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“Slowing Down” by Declan Whitaker [Ireland/Switzerland]

20 February, 11:00 am–12:15 pm (GMT) / Zoom online / free of charge



This practice guides the participant on a sensory journey that allows them to slow down their nervous system. Special focus is placed on the breath, the spine and the eyes. The practice happens both indoors and outside. Firstly, in your own private space, you will experience part of the physical practice that became important to the performers in my work *To Those Who Wait*. Secondly, once we have opened our senses, we will go on a guided walk. In a world of increased technological dependence and information overload, *Slowing Down* is an experience that helps us to filter out unnecessary noise and pay attention to things that usually pass by.



Duration: 90 minutes

Requirement: Comfortable clothes that suit the weather. A yoga mat is useful but not necessary. A good understanding of English.

*30 places are available for dancers and non-dancers age 16+, until completed

To register for the workshop, please fill in the Google Form: <https://forms.gle/kXYFVMZ3DjaoBF15A>

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