

Karin Bergman / dancING is.....

Falling, pushing and pulling.

Moving by releasing and directing.

Decentralizing our bodies and moving in relation.

Releasing tension and blockages for movement to pass through.

Crossing the space by moving one thing after another.

A class on movement in time and space (everything there is?). An encouragement on practicing change and ongoing process. A need to experiencing through dancING. We will work through a lovely buffé of body scans, exercises inspired by release technique, hands-on-work and improvisations. At the end of each class we will work with set material from my ongoing work "Somewhere, some time". Toward the end of the week we have one long dance in which we can practicing experiencing / dancING.

*...**Somewhere, some time**, a group of dancers moves in spirals, curves and loops around themselves and in spatial patterns. By knitting, braiding and weaving the dances into nonlinear patternings, they are confusing beginnings and endings. As if they are the the beholder of time and space, they rock their surrounding into a hazed state of being. The dance is functioning as an anchor to experience the time passing, which is tangled together with the change and ongoingness of all the processes here and now. This altered state of experiencing is lingering on for (what seems to be) hours, until the dancers stops dancing...*

Karin Bergman is a Copenhagen based dancer and choreographer, educated at The Danish National School of Performing Arts 2013- 2017. Her practices are dealing with dance as the anchor to experience ongoing processes of both inner and outer worlds. By dealing with bodies entangled into complex relational systems, her choreographies encourage a decentralized attention, i.e. movement of thought and sensation. With a rising interest in meditative practices, her current research "Somewhere, some time" is holding a space of absence, to access the attention emerging from boredom and under stimulation.