

Cycle of sharing and deepening

Movement, improvisation and creativity

2018 - 2019

Genesis

Since the early 2000s, improvisation, instantaneous movement and open dance composition have guided the emmanuel Grivet company's choreographic journey and led it to develop a specific process in research and creation fertile for its pieces, projects and productions.

Beyond the contribution of this orientation to the artistic and choreographic work, the one is also at a base of a transmission activity that concerns abundant and fascinating questions dealing with the human in a very broad sense : a singular practice of the body and the movement, but also the creativity and the approach of the creative processes, the notions of intention and intuition, the experience of freedom and fluidity of being, or even the clarification of the roles of the conscience, the will and the "let-it-go" in the movement. This orientation actually touches the presence of everyone towards the world and towards himself and the commitment of each one in the creation of his own life simultaneously on the physical, emotional, relational and imaginary levels.

Several requests for transmission of this singular approach are at the origin of this project of a cycle of sharing and deepening, open over two years for a small group. In the perspective to allow people involved in creativity, accompaniment, transmission and movement, to experiment and to question different aspects of this approach, to confront its requirements and potentialities, and to walk together and individually around the axes it offers.

Cycle orientations

Familiarity with the unknown, the permanent adaptation to "the changing conditions of the experience", the ability to collaborate and create without the support of the words, the constant companionship of the complexity and the multiplicity of situations, the keen listening of the inner world as well as of the external one, make the dancer-improviser, beyond its quality as an artist, to be a person well equipped to orient oneself in the world, to define one's choices and priorities of life, and to respond to fluctuations, constraints and opportunities of its environment.

The proposed cycle thus envisages to do the close but delicate link between the experience of a practice, -the improvisation and the open modes of collaboration and creation-, and its influences, echoes and repercussions for each one about the organization and perception of oneself, about the quality of the individual relationship and about the relations of collaboration in a small human group.

This openly orientated towards modes of experimentation, exploration and thought that are singular, non-hierarchical and non-analytical but global, intuitive and moving.

The cycle is therefore oriented towards:

- a deepening of the letting go of the movement, both in its mental and physical components ;
- an expansion of self-awareness and presence (to the world) by mastering the qualities of attention and intention in the movement ;
- the fine and multiple development of capacities of perception and its modulations – sensations, listening, feelings, emotions, intuitions – and their integration for the action and the relationship.

Content - the tools for movement, improvisation and creativity

It is largely adapted and oriented according to the participants and their needs. It will deal with and dig among the following axes:

About **body and movement**:

- **breathing and center** basic elements of practice
- deepening of different **body systems** and different **qualities of movement**
- **tonic adjustment**, ability to adapt its dynamics, energy and rhythm to a situation
- **multi-sensoriality** and **opening perceptions** to serve relationship and creation

About **awareness processes**:

- **listening** : what is to listen, what do we listen to, how to listen ?
- **recognize and identify** : a situation, an inner feeling, a sensation, an emotional state....
- link and dialogue between **the inner world** and **the external environment**
- the familiarity and the taming of the “**changing**” ; adjust / adapt / transform
- **emotion, imagination and memory**, tools for knowledge

About **commitment and expression** - action, relationship, creation -:

- **clarity** in perception / **clarity** in expression
- **take the word / leave the word / give the word** (“word” heard as physical commitment)
- **modulation of the presence**
- **deepening of the tools of the relationship** : dialogue, unison, counterpoint, collaboration, confrontation
- **processes and modes of creation**.

Organization

This cycle is open to people who have already worked with Emmanuel, or / and have an important background in the areas of movement, body work and improvisation, and who are motivated personally and professionally to deepen their practice, their skills and their creativity in this direction. The applications are made directly to the company, and will be validated after interview with it. Except otherwise, the commitment is made over two years.

The cycle is organized around **several periods** distributed throughout the year including **sessions** allowing to take in consideration the requests and necessities of each of the participants, and their sharing and deepening in small groups, in pairs or individually. Between each session the participants develop a personal follow-up of the topics and practices discussed during the sessions, and **an intermediate writing** between the sessions, reflecting both the personal background and the common questions, is sent on a date set for all participants of the group. This schedule is completed by two (at least) half-day individual sessions, opening and closing each year, as well as by some more in pivotal moments of the cycle.

Administration and financial issues

The cost of this cycle is to be asked to the company. It is based on an annual participation (plus an compulsory insurance contribution). This participation can be paid in several time, or even monthly.

Important note: *The company is licensed as a continuing education organization. Moreover, the question of money should not be a hindrance for people who cannot benefit of continuing education support. In the case please contact the company.*

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