

# **International meeting of movement teachers**

**Milan 28<sup>th</sup> November - 1<sup>st</sup> December 2013**

## **Focus**

Exchange of information's, thoughts and practices related to body work.

## **Methodology and structure**

Some themes will be developed by means of practical experience and others studied in depth. The teachers from different schools will lead the practical sessions in turn.

Friday and Saturday will be dedicated to 2-3 practical and 1-2 theoretical themes per day (please have a look at the attached schedule), leaving the morning of the third day for general considerations and planning of the next "movement meeting".

## **Themes in-depth practical study**

1. **Support** (from the feet to the whole body)
2. **Centre of gravity** ( how the connection of the centre causes a constant variation and reorganization of body' "architecture" )
3. **Male and female energy**
4. **The space** ( dramatic function of distance and position )
5. **Expression and emotional flow** ( influence of physical tensions )

## **Themes in-depth theoretical study**

1. **Fatigue and effort** (the going further)
2. **Modulation of energy and action in space and time**
3. **Themes for physical improvisation**

## **Schedule**

### **Thursday 28<sup>th</sup> November**

#### **Arrival**

20.30                      Welcome dinner at Ristorante Victoria – via Clerici 1  
(walking distance from all the hotels).

### **Friday 29<sup>th</sup> November**

09.00 – 10.00            Choice of themes and organisation of practical work  
10.00 – 10.30            Coffee break  
10.30 – 13.30            Practical work  
13.30 – 14.30            Lunch  
14.30 – 16.30            Practical work  
16.30 – 18.30            Discussion and in-depth analysis of theoretical themes

### **Saturday 30<sup>th</sup> November**

09.00 – 11.00            Practical work  
11.00 – 11.30            Coffee break  
11.30 – 13.30            Practical work  
13.30 – 14.30            Lunch  
14.30 – 16.30            Practical work  
16.30 – 18.30            Discussion and in-depth analysis of theoretical themes

### **Sunday 1<sup>st</sup> December**

09.30 – 12.30            General considerations and planning of the next movement seminar