

Yuri Shimaoka

Class description :

The class aims to train emotional and physical sensitivity through movement practices.

Starting from activating balance of meridians, then warming up the sense of torsion, direction, particular parts and tips of the body, connection with others with exercises inspired by Budo, Japanese martial arts.

The Last half of the class will be task based improvisation and composition to practice continuation of sensing one's own body, extending to others' and beyond. At composition we use Systemic Constellation as entrance to gain intuition of where to be and to continue.