

# A Bodily and Choreographic Place Exploration

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## **Abstract**

**This outdoors workshop proposes a bodily and choreographic exploration of an Arctic environment. The practice aims at creating a playful, embodied and immersive experience; we will explore the relationship with the environment, space, time and other movers through movement. The experience attempts at interweaving creativity, play, cooperation and empathy. The “instructions” are simple and flexible, allowing participants to feel guided, while having a lot of freedom. Part of the experience will be directed by an original soundtrack downloaded on a mobile device and delivered by headphones. The workshop is accessible to everyone, including (and especially) people who have no dance experience. Each participant should bring with him or her comfortable clothing and an MP3 player or smart phone enabling them to listen to a podcast (available in English and French), as well as headphones.**

**This workshop is part of a research process investigating embodied and artistic pedagogies to nurture a relationship to the environment and to other living beings characterized by sensitivity and solidarity and to exploring transcorporeality. This notion created by Stacy Alaimo (2010) refers to the material**

**interchanges among human and non-humans bodies. Trans-corporealism consciousness can engender a profound shift in subjectivity, as it entails grasping that our material selves are made of the substance of the environment and are enmeshed within networks that of toxicity, injustice, sociocultural practices, knowledge, etc. (Alaimo, 2016).**

### **Keywords**

Dance, Embodiment, Environment, Environmental education.