

WHY?

- Enjoy movement itself – rather than its results only
- Maximize sensation – rather than incentives
 - Get more out of doing less
- Free your movement every day:
 - Understand balance as a free process → Move like a ball
- Make Sense!
 - Experience relationship of moving and sensing
- Sense what you do by doing it differently
- Apply ideas to movements from ballroom dancing



HOW?

Theory abstract, timeless

- Idea of free balance: Move through letting go
- Ball Move: Always roll down and move in space
- Movement concepts: 3D Spiral moves
 - superposition to linear bending/straightening
- Shape is a global impression of a local process
- Theory itself does not make “sense”.
- Doing less makes more sense.
- Sensing provokes and organizes movement
- „Effort = Intension – Organization“

Experience concrete, immediate

- Experience off-balance to move
- Use objects to observe organizing balance
- Identify basic movement patterns
- Shape your movements
 - Experience shape vs function
- Care for intention rather than expectation
- Move by making sense:
 - touching , smelling, hearing, seeing

About

- Open for anyone to join (command of German or English recommended)
- Conducted by
 - MarkusM, dancer, mathematician
- Sensation Trough Dance is part of the research endeavour „eMotion“
 - Details: <http://eMotion.MarkusM.de>

Trivia

- Time: **Saturday, June 26, 15 - 18**
- Venue: „Yoga & mehr“, Radetzkystrasse 5/1, A-Graz
- Registration:
 - <http://www.doodle.com/i653p2haq6c5nzec> (binding)
 - or email: eMotion@MarkusM.de
 - Max. Number: 20. First come, first serve.
 - 20 Euro on arrival (young persons: 12 Euro)