

'Dancing Green': Exploring Sustainability Through Movement

What is 'sustainability'? What could it be?

How might understanding our body and self through movement help us to explore our connections with the non-human world?

How might we investigate, develop and transform how we engage with challenges such as climate change?

Join Abi in exploring these questions through guided movement activities and discussions.

What is it?

A 2-hour workshop in which you will be guided through a warm-up, simple improvisation-based movement activities, and open discussions.

The aim is to create an open space for collaborative and playful exploration.

Do I need to know how to dance?

You do not need to have any dance experience to join in this workshop!

All movement activities will have simple prompts, from which you can explore as independently or as supported as you like. Abi will support you through each stage, and will encourage you to follow your body's needs as they are on the day. The purpose of all movement will be about the experience, not the appearance.

There is no right and wrong!

If you have any concerns, please feel free to get in touch before the day.

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