

## Practice 5 . VOARTE / CiM – Companhia de Dança Beyond the Sign

**Duration:** 20 - 30 minutes

Working on the identity of the name through gesture / movement (or even with the gestural name if applicable). The creativity of gesture and its dimensions in different energies, emotions and physical sensations.

Working with the movements of each participant's name, with identity

**Step 1:** challenge different textures of the movement / gesture of the name: feelings, tempos, positions and execute the movements very small vs. very large

**Step 2:** using space and the discovery of movement simultaneously, using distances near, far, fast, slow rhythms, low or high levels

**Step 3:** awareness of looking and seeing, seeing space, others, and keeping in motion

### Next Step:

- draw a limited space on the floor (use painter's tape)
- use the limited space as a constraint on movement, gaze, breathing and contact with others