

Practice 6 . VOARTE / CiM – Companhia de Dança White Canvas

Duration: 45 minutes

Work on the body in space and composition, balance and emotion. Listening and collective work on building movements through different themes / emotions proposed on a white canvas / empty space.

Step 1: observe the empty space, prepare for the Meeting Point with the Body and imagine a white canvas

Step 2: explore an idea of physicality in space with different themes / emotions (fear, love, time...)

Step 3: paint / print the body on the white canvas with the proposed themes / emotions

Step 4: e.g., think of the word time, enter the space without premeditating what to do and spontaneously place your body in a physical position that symbolises time.

Step 5: each participant adds their own sensation to the board / canvas in a position with their body that symbolises time

Step 6: when all the practitioners are positioned on the canvas/board within the space, a subtle physical change is proposed in the posture/position we have found

Step 7: this change can bring the bodies into relationship or not

Step 8: breathing the painting / canvas alive and cleaning the space in a collective breath of all those taking part

Next Step:

- create a living painting / canvas in movement, after all the participants have paused, the whole painting becomes a collective movement around the proposed theme
- the living painting / canvas clears itself in a collective breath and when everyone decides to leave the empty space