

Foundations of EMF I: Class 2 Feb 17, 2023

Expressive Movement Facilitation



With Hana Kamea Kemble

Movement Experiential

Exploring Freeing and Binding of Flow (tension-flow) as relates to releasing stress from the body and found within LBMS

1. Invite breathing, allowing for breath, opening the breath, making space for breath
-Exploring basic movement actions (relaxing the body, pushing from one point in the body such as from your feet through the core to another endpoint of the skeleton (nervous system).
2. Invite sounding...
3. Invite your body to move: different body parts may need to be invited to move...the eyes, the head, the tail, the feet, the hands....remembering our Octopus body.

Different ways of moving, movement actions like shaking, shrugging, relaxing, pushing, reaching, pulling, noticing what feels satisfying. We always want to orient to that. Consider going into increasing the binding, the tensing...

Movement Experiential 2

Make up your own dance now: You will play with tensing your body part or whole and then freeing your flow by releasing that muscle tension, moving 3 times back and forth from the floor. To music.

You will share your dance with a partner: partner room.

Journal: 5 minutes to write or draw.

Notice how you bind and free your flow, this is your baseline for moving in the world.

Nature elemental journey dance

We explore use of narration, words, images to evoke different movement qualities.

We then break down how we were moving:

BODY and EFFORT < SHAPE < SPACE

4 Essential Themes in LBMS: wellness/balance

Inner/Outer

Exertion/Recuperation

Stability/Mobility

Function/Expression

Experiential Introduction to LBMS

BODY

EFFORT- Flow (binding and freeing), Space (directing, indirecting), Weight (increasing and decreasing of pressure: Strong/Light/Passive), Time (sustaining and accelerating)

SHAPE

SPACE

7 *Expressive Movement Facilitator* roles

1. To Observe/See
2. To **Narrate** and guide verbally
3. To **create and offer** structures for play and inquiry (Co-created?)
4. To **Invite** (Entice, Celebrate and Challenge)
5. To **Reflect** (Bring Awareness)
6. To **Move** with (Dynamically)
7. To **Accompany** on a Journey of Discovery (Curiosity)

Maybe you have your own role to also add here!

7 stage process for EMF

ARRIVING

INTENDING

CONNECTING (to self)

COMING TO THE BODY

EXPRESSING (inner to outer)

INTEGRATING

REFLECTING

HomePLAY

Continue to explore the idea of Freeing and Binding your flow.

You have journaling assignment in your Syllabus: please send an attachment of your journaling to Hana at info@themovementarc.com before March 1st.