

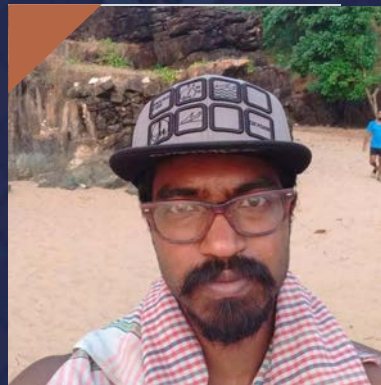
Body Mapping in Space

IOE18 018

20 seats

Bengaluru Campus

COURSE FACULTY



Sylvester Mardi

India

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Current Affiliation : Performing artist - Attakkalari centre for movement arts



Ronita Mookerji

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OVERVIEW

KEYWORDS : Performing arts, Self expression, Gestures

Indian physical art forms have paid major emphasis on the body and the language it speaks through structured modules of gestures, facial expression and body expression.

This workshop will help us get back to our roots, our heritage and rejuvenate our raw form of self expression.

OBJECTIVE

Make one aware of the body through unorthodox physical movements.

Make one aware of the parameters and boundaries of the body.

Identifying possibilities of exploration through space and time.

METHODOLOGY

Warm-up using yoga and Kalarippayut.

Teaching short collections of movements.

Exercises to explore space (depth and height) & time (dynamics).

Exercises to help them create their own vocabulary with their body.

FINAL DELIVERABLES

For the students to gain more insight about themselves, their body, their vocabulary and self expression.

Help them gain more tools for creativity.