

## Seminar: Reaching Out, Reaching In ~ The 12 Vectors

Saturday, April 25 9:30 AM – 6 PM

at Grace Revolution Studio

Level 1, 462 Smith Street, Collingwood, Melbourne

Many of you will know the basic six spatial elements:

- Rising
- Sinking
- Opening (Spreading)
- Closing (Enclosing)
- Retreating
- Advancing

In this workshop, we will explore creating two elements at the same time. There are 12 possible vectors (combinations of two of the 6 elements).

Participants will explore their own preferences for these shaping movements, as we all have our natural-born predilections. We will also do some shadow work. You will get a fresh perspective on the space that surrounds your body and how you interact with it. Through experimentation with these 12 vectors, you will expand your own movement repertoire. This workshop presents a somewhat “prescriptive” approach to Dance Therapy, in that participants will be encouraged to “try on” the 12 vectors, an embodied “taste test” to dive into your likes and dislikes.

Dance Therapists and movers alike understand that we learn to adapt to our changing environment with our movements. We must use our plasticity in shapes and kinetic energy to be able to respond to both inner and outer stimuli (Bartenieff and Lewis, 1980). Because many of our body moves are within our volition, we can have a bigger toolbox for self-regulation and emotional resilience when we increase our own consciously created movements.

Trying on these different vectors gives us a glimpse into changing the lens through which the world appears to us. For instance, adapting a Body Attitude of “Advancing and Opening” feels very different, from “Retreating and Opening” and therefore we sense the world differently. These 12 Vectors provide a platform from which to practice strength-based approaches with clients.



Led by Marylee Hardenbergh, a practicing Dance Therapist for over 40 years, trained under Irmgard Bartenieff and Penny Lewis Bernstein. She was selected as the 2015 Marian Chace keynote speaker at the American Dance Therapy Conference, presenting the overlap between Dance Therapy and Community Performances. Past Director of Global Water Dances, Marylee specializes in outdoor site-specific choreography, bringing a therapeutic sensitivity to all of her choreography and has received numerous awards and grants. She loves Space Harmony and directing Movement Choirs.

To Register: Contact. Maria Sangiorgi - [dancingisis@gmail.com](mailto:dancingisis@gmail.com)

Fee: \$160