



HUMAN NATURE

ARTISTIC RETREAT

## Somatics - **Meditation** - Composition

13 - 16th of October '22 in Uckermark  
with Kristin Guttenberg

for Artist from dance, theatre, music, voice and sound arts, fine arts and other interested persons.

In the autumnal Uckermark we work with 'the inside and the outside': Guided sessions combine mediation, bodywork and impulses from artistic practice\*, to become more permeable to play with movement and sound, composition and installation, time and space, materials and places in simple and more complex improvisations and creations.

Meditation, our body and our perceptions will be the starting point and key for creation and composition: out of stillness and inner and outer listening we explore and play with time, silence and impulse, transitions into different dynamics....

At different times of the day and night we work in the studio and in natural spaces such as ruins, forests, lakes and fields, in changing elements and with temperature and weather as sources of inspiration. Physical and mental processes can be stimulated, perceived differently and deepened.

The transitions between different physical-energetic states and levels of consciousness, such as waking consciousness and flow, sleep and dream, will be focussed and explored in a playful . How do they influence contact with others, space and our presence? What possibilities and qualities emerge? What can they mean for our creative process?

The retreat is open to interested people from all artistic disciplines, and also to ,newcomers and interested persons from other fields'. It opens up a common space for exchange to enrich and expand our own practice and themes that are currently moving us - artistically and humanly. Free spaces and own time to do nothing and enjoy the wonderful Uckermark in autumn are of course also part of these days.

\*Approach and guidance:

*Kristín specialises in embodiment, contemplative and various somatic methods, as well as traditional East Asian and contemporary bodily-mental training forms. She has been researching, developing and teaching at artistic universities and in the independent scene in the field of performing arts, music and dance physiology and body-mind practices since the 1990s. Trained in contemporary dance, martial arts, physical acting and music/jazz, her artistic focus and interests lie in improvisation, real-time composition, site-specific performance and choreographic processes in urban and natural spaces.*

Location:      Grosser Garten Gerswalde \_ Dorfmitte 11 \_ 17268 Gerswalde

Times: Start 13.10. at 16h    End on 16.10. at 12h

Participation: **Early Birds until 18.th of September 250€**, after 320€ / (partial scholarships for students can be offered on demand)

Accommodation for 3 nights:

In the ensemble of gardener's house and barn studio im Großen Garten Gerswalde, incl. simple breakfast (teas/coffee & organic porridge without gluten/lactose).

- Option A) Accommodation in the house, all rooms with own bathroom and shared kitchen:

Single room	110-130€.
Double room for couples/friends	160€
2-bed room	85-95€

- Option B) Accommodation in own tent/camper:

(shower/kitchen use)                      40€

Meals:

Self-catering and communal kitchen in the guest house for lunch and dinner. Shared communal cooking can be decided with the group).

(2 simple grocery shops, a small café and a vegetarian-Arabic snack bar are around the corner.)

How to get there:

- Public: transport: By Regiobahn and bus via "Wilmsdorf (near Angermünde)" to Gerswalde directly to the Great Garden.
- Wonderful quiet and well signposted cycle path from Wilmsdorf station to Gerswalde via Stegelitz - Flieth - Kaakstedt.
- Car: A11 to exit 8 (Pfungstberg), continue on the L24 towards Gerswalde (approx. 12km). Please use the car park at the village church (approx. 300m walk).

If you have any questions about the journey, we will be happy to help you.

- Coordination: Cécile Tacier: [info@themovingacademy.com](mailto:info@themovingacademy.com) or [ctacier@gmx.de](mailto:ctacier@gmx.de)
- Questions on the course content etc: Kristín Guttenberg [kri.guttenberg@web.de](mailto:kri.guttenberg@web.de)

Registration deadline: 29 September (after which there may be a few places left)

Anmeldung: [info@themovingacademy.com](mailto:info@themovingacademy.com)

