

Hearing time

Reflecting on the discussion I had with my artistic coach Marisa Grande on the 26th of November, I thought that it would be useful for this phase of my research to keep on exploring somatically the 'wide now'. This in turn might enable me to efficiently guide the dancers through this perceptual experience.

I focused on hearing time and placing my movement on time, observing what kind of physicality and presence arise; what kind of dance I can create from there. I felt an openness to time and space; I was simply moving in space and on time as if I were part of the whole.

<https://www.youtube.com/watch?v=02hUqH5dLzg&feature=youtu.be>