

# Monthly Moose Focus

FEBRUARY 2021

# THE BODY

IT'S OUR INSTRUMENT. IT'S THE FOUNDATION OF OUR ART FORM, THEREFORE WHY NOT DEDICATE SOME TIME TO EXPLORING FURTHER. FOR THIS MONTH'S MOOSE FOCUS WE INVITE YOU TO EXPLORE **THE BODY** AS INSPIRATION FOR MOVING AND MAKING.

TAKE TIME THIS MONTH TO BODY - INTERNALLY, EXTERNALLY, ITS POTENTIAL, ITS HABITS, ITS PREFERENCES AND ITS POWER

## Reflections for Artists

Where does power and strength lie in your body?

Where does calm and softness lie in your body?

What leads the way when you stand up, sit down, lie down, shift forward? A body part, skin, tissue, organs, breath?

## Invitations for Participants

Get tingling - send that tingling sensation into your extremities by exploring touch. Ask participants to reach up and stretch over to the side, using their other hand, loose at the wrist, tap/slap the side of the body to wake up the ribs and get the blood flowing into the fingers. Repeat on the other side. Repeat the same idea working with your hands moving down the legs, the back, the torso. Working with fingertips, repeat the idea across the neck, face and top of the head.

Incorporate imagery into your sessions - invite participants to move through their space working with SKIN, MUSCLE and BONE. The room is filled with icing sugar, coat every surface of the skin gently and delicately at a constant speed avoiding making an icing sugar dust cloud! The room is filled with treacle, push your way through it leading with different body parts exploring the resistance with your muscular body. The room is filled with sheets of ice floating and hovering at different heights and angles. Explore your bones cracking through the ice, simply falling through the space led by the skeleton.

## Inspiration for creating, planning and moving

Explore the body in response to environment. Take time to notice what happens when the body is in contact with a range of temperatures and conditions sensed through the skin - warmth, cold, wind, rain. What does the body do in response? What does it invite?

Continuing with the touch sense, working in bare feet, explore the sensations and reactions to standing on different surfaces. Starting in the home - carpet, wooden floor, tile, then exploring further, concrete, grass, standing in the snow! Take 5 minutes, working with deep breaths with long exhalations, to stand on cold grass or snow and feel the benefits of the cold. Inspired by The Iceman Wim Hof!

Lie or sit on the floor and get a clear image of the space you are occupying (or ask someone else to draw/map around the edges of your body). Step outside of this and explore meeting, encompassing and passing through that space you occupied. Repeat in standing positions.

DISCOVER. *YOU*. CREATE. EMPOWER

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