



Somatics - Meditation - Composition

25.-28. Juli 22 in Uckermark, north of Berlin
with Kristin Guttenberg und Ángel Zotes Ramos

A retreat for artists from the fields of movement, dance, music,
voice and sound art, visual art, etc.

Immersion, silence & listening are the starting point: from there we explore time, inner and outer perception, silence and impulse, transitions, dynamics, balance, boundaries and play....

In various workshop sessions with body work and impulses from artistic practice*, we allow the most permeable body and mind possible to emerge. They lead into simple creations and improvisations with movement, sound, time and space.

In this year's Summer Intensive, we are interested in the possibilities and qualities that lie in the connection between contemplative practice and aesthetic practice: between being and letting arise, leading and creating.

At different times of the day and night, we are in the studio and in various outdoor locations, such as ruins, forests, lakes and fields, in changing elements, temperatures and weather as sources of inspiration. Physical and mental processes can thus become stimulated, perceived differently and deepened. Playfully and with background knowledge, we also explore the transitions between different physical-energetic states and levels of consciousness, such as waking consciousness and flow, sleep and dream, and what they mean for us.

The retreat is open to interested people from all artistic disciplines as well as to 'newcomers', to share a common space in nature and through impulses and exchange enrich and expand our own practice and themes that are currently moving us. Of course, free spaces and time to do nothing and enjoy the wonderful Uckermark are also part of the retreat.

Ángel is a contemporary dancer and choreographer who integrates approaches from physical theatre, butho and improvisation. He has been a member and performer in dance and theatre companies in Spain, England/London, Ireland, Japan and Italy for many years and creates his own solo pieces and collective works, also with artists from music and audiovisual arts, visual artists and poets. For many years he has taught workshops in the independent scene as well as in theatre, dance and educational projects at universities, museums and in the socio-cultural field. In his training approaches and work, he is interested in somatic methods, among other things. Ángel lives in northern Spain.

Kristín specialises in embodiment, contemplative and various somatic methods, as well as traditional East Asian and contemporary bodily-mental forms of training. She has been researching, developing and teaching for many years at artistic universities and in the independent scene in the field of performing arts, music and dance physiology and body-mind practices. Trained in contemporary dance, physical acting and music/jazz, her artistic focus and interests lie in improvisation, real-time composition and site-specific performance and choreographic processes in urban and natural spaces. She works in the independent scene in Berlin, southern Germany, France and northern Spain on her own artistic projects as well as in collaboration and networks with instrumentalists and dancers in Germany and abroad. She has been the director of The Moving Academy in Berlin since 2012.

Location: Grosser Garten Gerswalde _ Dorfmitte 11 _ 17268 Gerswalde
Times: Begin on 25.7. at 4 pm Ending on 28.7. at noon

Participation Costs: 320€ / reduced 220€ (part scholarships for students on request) >>>

Accommodation for 3 nights:

In the ensemble of gardener's house = guest house and barn studio in the Great Garden of Gerswalde,
incl. simple breakfast (organic porridge without gluten/lactose & teas/coffee).

- Option A) Accommodation in the house:

Single room with private bathroom, shared kitchen	110-130€.
Double room for couples/friends	160€
2-bed room	85-95€

- Option B) Accommodation in own tent/camper: 40€

Camping in the terrace garden next to the studio (shower/kitchen use)
or with automobile on the village parking in front of the site

Catering:

Self-catering: 1 indoor & 1 outdoor kitchen available, possibly communal cooking.
2 simple grocery shops, small café and vegetarian-Arabic snack bar are around the corner.

Arrival:

- Public: By Regiobahn and bus (9€ ticket) 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 how to get here, we will be happy to help you.

Organisation and coordination: Cécile Tacier

info@themovingacademy.com or ctacier@gmx.de

Technical questions: Kristín Guttenberg kri.guttenberg@web.de

Registration: info@themovingacademy.com

Registration deadline: 10 July 22 (limited places available, if later please ask for options)

We look forward to be with you!

