

Moving Poetry

-- SERIES OF 4 WORKSHOPS --
OPEN-LEVEL

DATES: 24.4., 8.5., 5.6., AND 3.7., 18:00-20:30,
AT BIKES AND RAILS, 1100 VIENNA

LIMITED SPOTS.
REGISTER VIA
THE FORM.

BY
LEVI MÜHLBACHER (THEY/THEM)
& CLÉMENTINE ANTIER (SHE/HER)



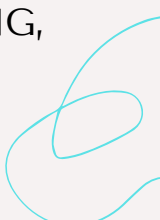
Moving Poetry



HOW DO WORDS MOVE? HOW DO MOVEMENTS RESONATE WITH WORDS? WHAT DO I HAVE TO SAY AND HOW CAN I EXPRESS THAT THROUGH MOVEMENT AND WORDS? HOW CAN I MOVE POETICALLY, MOVE WITH _MY_ POETRY? HOW CAN MOVEMENT INFORM MY POETRY, AND THE OTHER WAY AROUND?

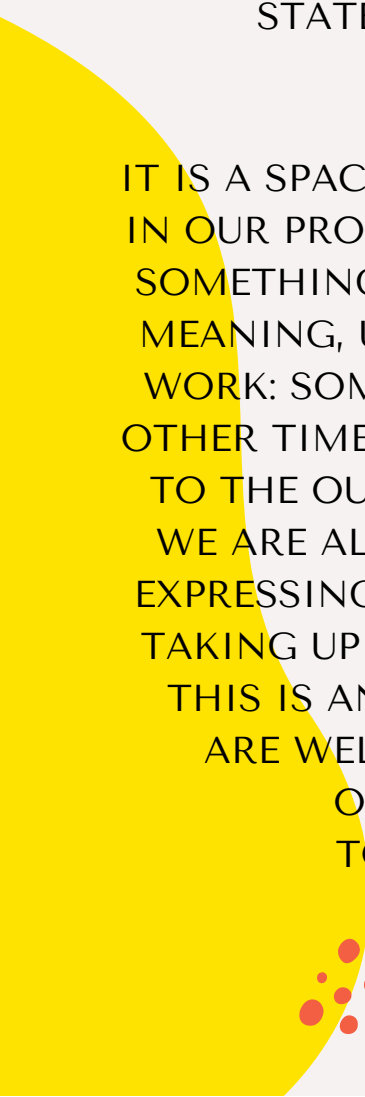
INTENTION

THE MOVING POETRY WORKSHOPS ARE A SPACE TO CONNECT TO ONE'S INTERIORITY, AND EXPLORE HOW INNER IMPULSES CAN TRANSLATE INTO MOVEMENTS AND WORDS. WE WILL ALSO SHARPEN OUR POETIC ATTENTION, CONNECTING TO THE POETIC ALL AROUND US. WITH DANCE AND POETRY, WE INVITE AND FOSTER EXPRESSION, AT THE INDIVIDUAL AND COLLECTIVE LEVEL. THROUGH FEELING, SENSING, DANCING, EXPRESSING, PLAYING, IMPROVISING, AND MAKING, WE WILL EXPLORE DIFFERENT QUALITIES, INNER STATES, AND PATHWAYS/PROCESSES OF CREATIVITY.

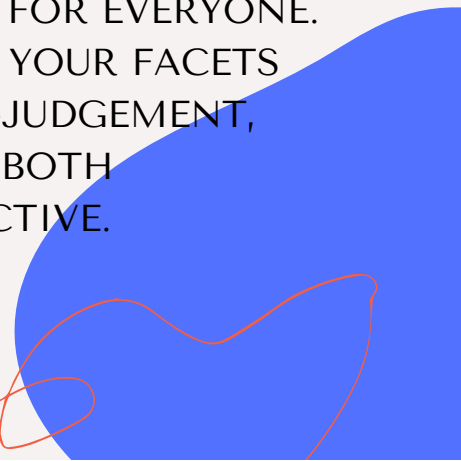



THE SPACE

IT IS A SPACE IN WHICH WE SUPPORT AND EMPOWER EACH OTHER IN OUR PROCESSES OF CREATION AND EXPRESSION. WE WELCOME SOMETHING NEW TO ARISE - NEW WORDS, MOVEMENTS, SHAPES, MEANING, UNDERSTANDING, IDEAS, IMPULSES. THIS IS INTIMATE WORK: SOMETIMES OUR CREATIVITY MIGHT FLOW AND EXPAND, OTHER TIMES WE MIGHT MEET OUR INNER CRITIC, GET ATTACHED TO THE OUTCOMES OF OUR PROCESSES, OR PRACTICE FAILING. WE ARE ALSO AWARE AND WANT TO CARE FOR THE FACT THAT EXPRESSING AND SHOWING ONESELF, FINDING ONE'S VOICE AND TAKING UP SPACE IN A GROUP IS NOT THE SAME FOR EVERYONE. THIS IS AN INTEGRATIVE SPACE, WHERE ALL OF YOUR FACETS ARE WELCOME, AND WE WILL PRACTICE NON-JUDGEMENT, OPENNESS, AWARENESS, AND RESPECT, BOTH TOWARDS OURSELVES AND THE COLLECTIVE.



BY
LEVI MÜHLBACHER (THEY/THEM) &
CLÉMENTINE ANTIER (SHE/HER)





Moving Poetry

THE 4 WORKSHOP SERIES

24.4. - INSPIRATION ALL AROUND

WE WILL EXPLORE WHERE INSPIRATION COMES FROM AND WHAT INSPIRES EACH OF US. WE WILL DEEPEN OUR POETIC ATTENTION, WIDEN OUR UNDERSTANDING OF THE POETIC, AND BUILD A FOUNDATION OF TRUST FOR OUR COLLECTIVE PROCESS.

8.5. - IMPULSES FROM WITHIN

WE WILL FOCUS OUR ATTENTION INWARD, SEEKING INSPIRATION AND CONNECTING TO THE NEED FOR EXPRESSION FROM WITHIN OUR BODIES, STORIES, DREAMS, IMAGINATIONS. WE WILL PLAY WITH MOVEMENTS, SOUNDS AND WORDS EMERGING FROM THOSE PLACES.

5.6. - CONSCIOUSLY CREATIVE

WE WILL EXPLORE DIFFERENT CREATIVE PROCESSES, MOVE WITH OUR INNER CRITIC AND PLAY WITH CONDENSING, EDITING AND RE-ARRANGING, BOTH INTUITIVELY AND THROUGH CONSCIOUS CHOICES.

3.7. - SHOWING (UP FOR) YOURSELF

WE WILL RESEARCH SELF-EXPRESSION WITH AND IN FRONT OF OTHERS, PERFORMING BOTH IMPROVISED AND PREPARED MATERIAL. WE WILL BRING ATTENTION TO ANY THOUGHTS_ FEELINGS THAT COME UP IN THIS PROCESS, AND EXPLORE OPPORTUNITIES TO EXPAND ONE'S CONFIDENCE AND RANGE OF SELF-EXPRESSION.

WHO IS IT FOR?

THIS WORKSHOP SERIES IS OPEN TO ANYONE CURIOUS ABOUT THE INTERSECTION OF MOVEMENT AND POETRY. NO PRIOR DANCE- OR WRITING EXPERIENCE IS REQUIRED, THOUGH WE WON'T TEACH ANY SPECIFIC TECHNIQUE: WE WILL MOVE AND WRITE FROM WHERE WE'RE AT.

IF YOU ARE WILLING TO EXTEND YOUR POSSIBILITIES OF EXPRESSION, THIS IS FOR YOU! AS A DANCER/MOVER WHO WOULD LIKE TO ADD WORDS TO THEIR PRACTICE AND ART; AS A POET/WRITER WHO WOULD LIKE TO FURTHER EMBODY THE MEANING, INTENTION AND POWER OF THEIR WORDS AND ACCOMPANY THEM WITH DANCE; AS A HUMAN BEING WHO WOULD LIKE TO CONNECT TO THEIR INTERIORITY AND BRING THEIR MESSAGES OUT INTO THE WORLD.

WHERE AND WHEN?

MONDAYS 24.4., 8.5., 5.6., 3.7. FROM 18:00-20:30.

BIKES AND RAILS, EMILIE-FLÖGE-WEG 4, 1100 WIEN
(WHEELCHAIR-ACCESSIBLE)

COSTS: SLIDING SCALE 75-125 €*

*nobody will be turned away for lack of funds -
if you want to participate but cannot afford to, please get in touch.

LIMITED SPOTS AVAILABLE.
PLEASE REGISTER VIA [THE FORM](#).

BY
LEVI MÜHLBACHER (THEY/THEM) &
CLÉMENTINE ANTIER (SHE/HER)



ABOUT US

CLÉMENTINE (SHE/ HER) IS TRAINED IN HOLISTIC DANCE AND CONTEMPORARY DANCE. AS A POEM WRITER, SHE EXPLORES THE HUMAN QUALITIES OF PERCEPTION, SENSIBILITY AND SENSORIALITY. HER POETIC WORK EMPHASIZES THE THREADS OF RECEPTIVITY, RESPONSE AND ACTION THAT CONNECT THE INNER WORLD TO THE HUMAN AND NATURAL OUTER WORLD. SHE BRINGS DANCE AND POETRY TOGETHER IN A RESEARCH FOR EXPRESSION.

LEVI (THEY/THEM) IS A MINDFUL MOVER, A HOLISTIC DANCE- AND MOVEMENT PEDAGOGUE, A BODYWORKER, A QUEER- ECOLOGICAL ACTIVIST, A CREATIVE CONNECTOR, A TRANS_ DISCIPLINARY RESEARCHER, AN EMPATHETIC HOLDER OF SPACES AND PROCESSES, A TIME CAPSULE POET, AND A COLLECTIVIST DREAMER. THEIR PASSION IS TO CREATE AND HOLD SOMATIC AND EXPRESSIVE SPACES, IN WHICH TRANSFORMATIONS TOWARDS MORE SUSTAINABLE CULTURES OF SELF, BODY, COMMUNITY, CARE, RELATIONALITY, ACTIVISM, WORK, AND INTERCONNECTEDNESS WITH THE MORE-THAN-HUMAN WORLD CAN OCCUR.

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CLÉMENTINE ANTIER (SHE/HER)