

2024 Movement Fundamentals Summer Coalescence - Asserting Artistry | Sourcing Self

MF Introductory Intensive - Part I This three-day intensive teaches how the MF paradigm (tenets, principles, and 4 Phases Practice) is an all-abilities training program for Liberating Bodies as Dance Artists and Moving in Life & Art. Facilitation by Jane Hawley with Brenda Harris, Scott Hurley, Dana McConnell, Sarah Frydenlund, Birte Heinecke, Sophia Rog, Shellie Matt, and MF Student Research Coordinator, Anna Stenerson

7/18 Thursday MF Introductory Intensive - DAY ONE

8-9:00 *Registration Welcome - Jane Hawley and Anna Stenerson*

9-10:00 *Cosmic Orbit – Brenda Harris and Scott Hurley*

A form of Qigong that comes from the Emei lineage, focuses on connecting to the universal energies of Earth, Humans, and Heaven to circulate internal Qi and illuminate the source of our Essence, Energy, and Spirit.

10:30-12:30 *Movement Fundamentals I: Practices of Alignment & Function - Dana McConnell*

Explores integrating somatic practice into daily living.

This course explores the vital integrated connections between somatic practice and performance preparation. Somatic skills including dynamic alignment and functional anatomy provide the groundwork for embodied movement exploration; this practice unfolds new relationships between physical function and expression.

2:00-4:00 *Movement Fundamentals II: Practices of Range & Efficiency - Sarah Frydenlund*

Explores refining movement with new possibilities.

This course deepens and expands technical practice and somatic skills by supporting awareness of internal connectivity for refining individual patterning and sequencing while emphasizing relationships with self, others, and environments. Increased range and efficiency guide the individual to understand the articulate body as an intelligent source for expression in performance and life.

4:00-5:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*

7/19 Friday MF Introductory Intensive - DAY TWO

9-12:00 *Movement Fundamentals III: Practices of Vocabulary & Intention - Sophia Rog*

Explores self-artistry within community.

This course focuses on crystallizing performance skills through the development of individual movement versatility and invention. The practice of technique builds from somatic skills through phrasing and improvisational scoring. The depth of integrated practice prepares the practitioner to refine and clarify vocabulary and intentions.

2-4:00 *4 Phases Practice - Birte Heinecke & Jane Hawley*

Generate Artistry.

Prepare, Move, Dance, Witness. Questions within each phase support focused, layered discovery and research.

4-5:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*

7/20 Saturday MF Introductory Intensive - DAY THREE

- 9-12:00 *MF & Jungian Explorative | Integration of Shadow – Shellie Matt and Jane Hawley*
Jung’s Map of Soul and guided embodied exploration play with the integration of light and dark within the self at this moment.
- 2-4:00 *MF & Jungian Dreamscapes & Active Imagination – Shellie Matt and Jane Hawley*
Dreams are “the royal road to the unconscious” connecting the body and the soul while active imagination applies symbols for embodied exploration.
- 4-5:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*
- 7:00 - *Food & Games | Playing the “How” of the MF Paradigm - Birte Heinecke & Jane Hawley*
-

MF Research & Development - Part II This three-day intensive is open to all bodies for further engagement with the ongoing research and development of the MF paradigm by artists with MF Certification and those seeking or completing MF Certification. Facilitation by Jane Hawley with Miranda Beyer, Katie Bevers, McKay Bram, Cory Eull, Taylor Gomez, Brenda Harris, Judith Howard, Scott Hurley, Brennan Wilder, and MF Student Research Coordinator, Anna Stenerson

7/21 Sunday MF R&D - DAY ONE

- 8-9:00 *Welcome & Introduction - Jane Hawley and Anna Stenerson*
- 9-11:00 *MF Certification Project Endometriosis: Laying to Rest - McKay Bram*
What is normal, what is natural, and what is acceptable? McKay will share her research into endometriosis, dispel common myths, and discuss why we should “de-normalize” period pain. She will share how her Movement Fundamentals practice was key to navigating this experience, and how MF can be a part of this necessary paradigm shift regarding gendered pain. Then, we will explore how personal rituals can help us cope with loss, help the transition from trauma to grief, and move through recovery.
- 11-12:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*
- 2-4:00 *MF in Early Childhood Dance Education - Taylor Gomez*
Adapting instruction for dancers age 2+, emphasizing alignment and function. Cultivating contemporary vocabulary from movement as a primary language.
- 4-5:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*

7/22 Monday MF R&D - DAY TWO

- 8-9:00 *Xinyi Bagua - Brenda Harris, Scott Hurley*
a qigong form central to the Dai Family Xinyi Martial Arts System, is an ancient series of flowing movements, gentle stretches, and strengthening postures that regulate breath, body, and mind. Known as the elixir of Life, Xinyi Bagua circulates energy to prevent stagnation and strengthen your inner power. This energy (qi) work (gong) helps to maintain health and happiness by regulating the physical body, cultivating the mind, and brightening the spirit.

9-11:00 *Resting in Nuanced Existence: Disability, Dialectics, and Creative Self-Advocacy – Cory Eull*

How does the experience of self impact the expression of self? Drawing from my perspective of living with persistent post-concussive symptoms, I challenge the values of a patriarchal, work-obsessed, highly-stimulated society. I create movement and multimedia work by delving into *layers* of truth and by asking, what are all the things that are true here? I conduct research by making movement in this altered state and collect samples of radical self-acceptance and advocacy in a world that praises power, money, and abled working bodies. I question self-reliant, hyper-independent ideals and ponder interdependence. This presentation/exploration is for anyone who's felt the isolation and fear of difference, and who yearns for new belonging—let us find relief in shared truth.

11-12:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*

2-4:00 *Structure Without a Cause – Judith Howard*

The simplicity and complexity of form draw attention to design within and around us. Worlding our skeletal archi-textures through the dancescape of time-space-body-environment-object we will research and create structure, alone and together through the MF format

4-5:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*

7/23 Tuesday MF R&D - DAY THREE

8-9:00 *Building A First Aid Kit – Brenda Harris and Scott Hurley*

Herbal Medicine is fundamental to Classical Eastern and Natural Western Medicines. Herbal formulas have been safely used internally and topically for centuries to nourish the body, provide trauma care, treat physical accidents, balance mental/emotional inconsistencies, establish preventative well-being, and promote overall vitality.

9-10:00 *4 Phases for Pre-Teens/Teenagers – Brennan Wilder*

Applying the 4 Phases practice to aid in the creation of a performance piece entitled "Elastic Heart."

10-11:00 *Making Space – Miranda Beyer*

Exploring ways we make space - physical spaces in which to dance and move and emotional spaces in which we give ourselves the freedom to explore. We honor ourselves by understanding our personal needs, and we honor our community by supporting the needs of others we share moving in spaces with.

11-12:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*

2-4:00 *Mapping Spiritual Growth through MF and Soil – Katie Bevers*

MF helps to prove that our bodies are working primary sources. How do we push to partner this understanding in connection with our spirits? Exploring how we might utilize the four phases to connect our bodies to our spirits. I will use my research project, *Dust to Dust: Healing the Soul through Soil* to help detail my own experiences.

4-5:00 *MF Attendee Feedback & Response – Jane Hawley and Anna Stenerson*

7:00 - *Food & Games - Playing the “How” of the MF Paradigm – Birte Heinecke & Jane Hawley*

7/24 Wednesday MF OPEN STUDIO, OPEN SPACE, & MENTORING SIGN UP

(first come first serve basis... here you can offer a practice, open your research to anyone, or receive one-on-one feedback from Jane or other MF Certified Artists)