

# Moving Mysteries Workshop

with

Gemma Higginbotham

A midwifery of embodied metaphor

This workshop will invite participants into the improvisational approach which informs my current solo performance-practice, *Moving Mysteries (working title)*– a project which explores the possible animism of materials and the midwifery of embodied metaphor.

The workshop will begin with time for sensitising ourselves to different facets of perception. This will lead to an extended period of play – exploring processes of *giving* and *receiving* in relation to the malleable material of paper. Participants will be encouraged to notice what this play awakens in their embodied imagination and sense of place. The overall intention of the workshop is to refine the process of deep-listening to self-in-representation to materials – and to attend to the in-between-ness and oscillating energies which support the emergence of image. Periods of reflection (through writing/drawing) are embedded within the workshop in order to support the ‘integration’ of the experience and the process of sharing with others what wants to be shared verbally.

We will work with the material of paper – re-used from previous performances, improvisations and workshops of *Moving Mysteries*. Like you, the paper already holds memory and experience. Like you, it likes to move and to be moved. Like you, it is curious and playful. Like you, it is relational and full of possibility. It looks forward to meeting you...

