

Classes/workshops- 2023

Gemma Higginbotham (MA, RSME/T)
Dance Artist and Somatic Movement Practitioner

Gemma's classes and workshops are informed by her current improvisatory practice, *Moving Mysteries: A Midwifery of Embodied Metaphor*.

Gemma uses guided embodied explorations and movement scores to bring awareness to our relational interactions, opening to curiosities, to surprise- to what moves us or is moving through us. The body is held as revered source of knowledge, learning and creativity.

She facilitates a deepening of embodied awareness, a sensitising of our many facets of perception and invites a detailed articulation of body within the flow of presence.

Focus is on a refining of the subtleties of improvised relational practice; playful engagement, durational awareness and attendance to the oscillating energies which support the emergence of image through embodiment.

Periods of reflection (writing, drawing and/or verbal exchange) may be embedded within the class/workshop in order to support the integration of the experience and articulation of practice.

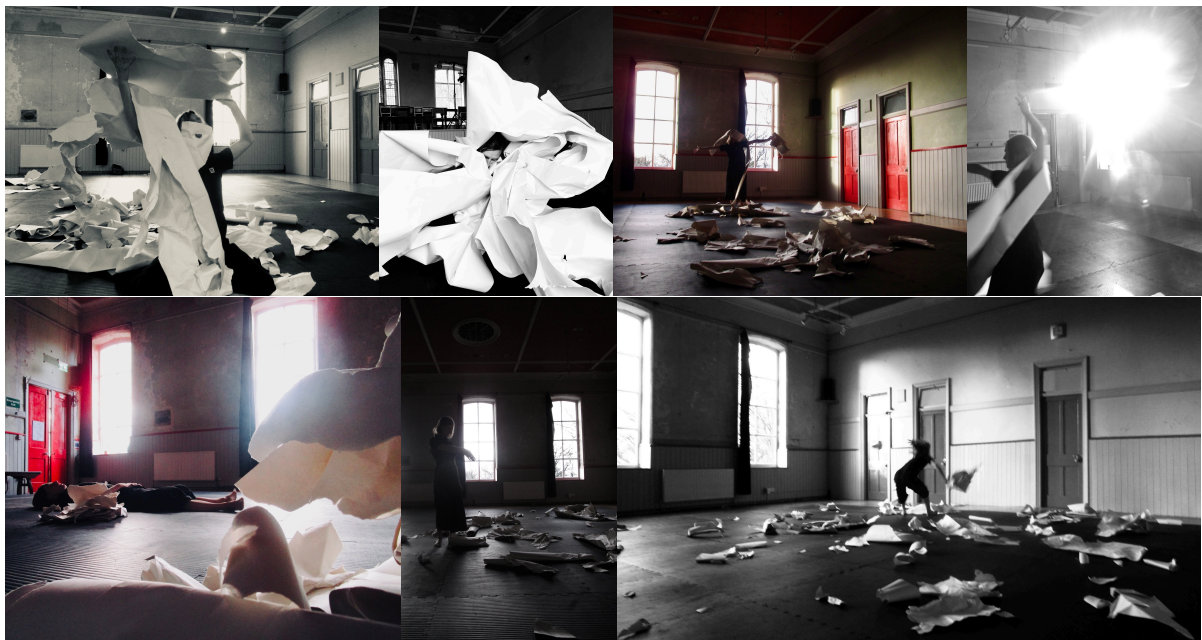


Photo credits: Amy Voris

Short bio:

Gemma Higginbotham is a dance artist and registered somatic practitioner. She has been working with the poetics of the body for over twenty-eight years.

She trained at *Northern School of Contemporary Dance, Leeds, UK* and then at *PARTS (Performing Arts Research and Training Studios), Brussels, Belgium*. Gemma holds an MA (distinction) in *Dance and Somatics for Wellness: connections to the living body* from *UCLan, UK*.

Gemma performs, creates and teaches both nationally and internationally in professional, community and health-care settings. She offers one-one client sessions in somatic movement enquiry from her studio in Cumbria as well as via Zoom and has experience as a birth doula as well as in palliative care.

As a performer, Gemma has worked internationally for many years collaborating with artists such as *Michelle Anne De Mey (BE)*, *Akram Khan (UK)*, *Rasmus Olme (SE)*, *Manuelle Rastaldi (IT/BE)*, *Thierry De Mey (BE)*, *Ugo Dehaes (BE)*, *The Gate Theatre, London*, *Kris Verdonk (BE)*, *Philippe Blanchard (FR/SE)*, *Boris Charmatz (FR)* and currently still tours with Brussels-based choreographer *Mette Ingvarsen (DE/BE)*.

As creator/choreographer, Gemma has created works which have toured nationally and internationally and is currently working on a solo-improvised performance/practice- *Moving Mysteries: a midwifery of embodied metaphor*.