

Classes/workshops for professionals
Gemma Higginbotham (MA, RSME/T)
Dance Artist and registered somatic movement educator and therapist (RSME/T)

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 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 thirty 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 Wellbeing: connections to the living body*.

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 with Brussels-based choreographer Mette Ingvarsten (DE/BE).

As creator/choreographer, Gemma has co-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*.