



## **THE WORD EMBODIED**

instant composition in movement & text with Kathleen Heil

**How can we approach the moment of composition with greater freedom and precision? How do traces of text inform our moving bodies?  
And how do our moving bodies enliven the written word?**

This workshop is an investigation into expanding and contracting the space(s) between the writing and moving body, in order to enrich the compositional possibilities inherent in both. After a warm-up grounding the body in relation to the floor and in three-dimensional space, we will investigate rhythmic patterns in the body and on the page, in order to find new ways of building these structures into meaningful phrases, allowing us to compose with greater freedom, precision, and presence. In addition, we will explore ways to translate the compositional impulse across textual and movement contexts, developing tools outside of our habitual patterns, expanding our creative and kinesthetic awareness and control. Dedicated artists with an interest in/experience with visual composition, writing, movement, and/or performance are invited to take part.