

Movement-Arts Workshop: Developing Practice in Domestic Space

In this series of five monthly sessions, Katya Bloom and Jill Littlewood would like to invite you to explore movement in a domestic setting - Jill's house - using spaces inside and out. Solo and group work will focus on awareness and expression in 'daily life' spaces; we will complement movement explorations with writing and drawing.

We will explore:

- 1/25 - Inside/Outside: Inhabiting Body and Space
- 2/15 - Transitions: Entering and Exiting, Staying and Leaving
- 3/22 - Families, Roles and Boundaries
- 4/25 - Being Heard and Being Seen
- 5/17 - Mover/Witness and Performer/Audience

Each session stands alone but the sessions build on each other, as does the group dynamic, so it would be great to come to all of them. Brief, informal performances will be part of each session, helping us distill what has arisen as we move together.



DATES: January 25th, February 15th, March 22nd, April 25th, May 17th

TIMES: 1- 3:30 PM

PLACE: Jill's house (details when you register)

COST: Suggested donation - \$25 per session

TO REGISTER:

RSVP

To request more details:

Queries

Katya and Jill share an interest in combining the art of movement with other expressive arts, to provide resources for living, connecting and releasing creativity. They bring complementary backgrounds:



Katya Bloom taught movement at the Royal Academy of Dramatic Art in London for 20 years. Since moving to Santa Barbara in 2010, she's created Depth Movement, bringing together her skills as a Board Certified Dance/Movement Therapist and Certified Movement Analyst: www.depthmovement.com. She wrote *The Embodied Self: Movement and Psychoanalysis*, and co-edited the new book *Embodied Lives*. This workshop series happily harks back to Katya's earlier years as a performer and choreographer.

Jill Littlewood is finishing her third year of study of expressive arts at Tamalpa Institute, co-founded by Daria and Anna Halprin. Primarily a visual artist for the past 40 years, Jill finds the arts all complement each other. She brings a beginners mind to movement arts, a practiced wisdom to visual expression, and an enthusiastic presence to writing and vocalizations. Her work can be seen at www.littlewoodstudios.com