



MOVEMENT ROOM

ETH Berlin
8. + 9. September

Concept and Facilitator

Birte Hendricks is a dancer, choreographer and educator born in Berlin. In life and in her (artistic) work she is driven by the question: What makes us move? She has a particular interest in Contact Improvisation and Improvisation techniques. With over ten years of experience in somatic movement such as Feldenkrais, Yoga and Body Mind Centering, Birte takes a great joy in immersing herself in the exploration of movement and perception. Inspired by Pina Bauschs "Everyone is a dancer" she loves to work with dancers, movers and people who call themselves "non-dancers", with different age groups. In projects at universities and schools she researches how dance can challenge and influence our perception.

Birte's previous studies in literature and pedagogy have allowed her to combine her passion for poetry and movement, in collaboration with international musicians and poets.



Contact

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The Idea of the movement room

Why a movement room on a hackathon? People at the hackathon come together to discover and to develop something new. They work in small teams. But they only have 3 days to get to know each other and to create together. The movement room is a safe environment to support the work in the teams in an energetic way. We meet to discover how can we enter each other spaces and connect with other people — through movement or dance. I' am interested in the question: What happens if all these people start to move and activate different areas in their body — how much more creative will their work be? Does it has an effect on them? How do people which are not coming from a dancing/moving background feel to open up in a movement room? How do they accept it?

We will “move” to activate the right side of the brain — the part for the creativity in our mind. We also wake up tired bodies, massage stiff necks, give time to relax, to breath and most important thing: to have fun!

But more than that we explore the sensitivity to read and to meet each other in movement. How can we stay aware for each other?

We learn basic tools of contact dance like sharing the weight, rolling point of contact, leaning and supporting. We explore ideas of Improvisation - timing, playing, decisions, instant compositions: Tools to create something new together. The base of the ETH in Berlin.

Everyone is welcome! There are no experiences in dance required.

Contact Improvisation (CI) is a contemporary dance and improvisation form which arose in the early 1970s in the United States. It embodied many of the more revolutionary ideas that were emerging at this time: gender and racial equality, rejection of traditional gender roles, non-hierarchical communication and interaction, the breaking down of traditional physical boundaries, sharing, and being present to what each moment offers. The dance typically involves physical contact between two or more bodies, and gives particular emphasis to “trust” and “listening”. There is no leader or follower, although dancers may play fluidly with these roles.

Saturday 8, September

14 - 15 h

Let's get your team stronger!

You just build your team? You only have 3 days to create? No time to loose ? Come to this workshop to get to know each other better in a fun way, that also wake up your body and your right side of the brain — remember the part we the creativity lives ;))

First frustration arises? Dance them away!

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16:30 - 18:00 h

creative people in sitting positions

I want to offer a movement workshop that is more than only loosen your pain in the shoulders and neck. A workshop that goes along with the idea of "coding"

Every one of us has an own body language — a code to read, to understand.

How is it possible that we can read each other so quickly? But do we understand us? In non verbal communication such as movement or dance it's all about the listening and understanding. You will find out? Am I a leader? A follower? Can I take over responsibility? Can I let go? How do I react if someone is stepping into my space?

Come to explore to learn more about you and your work. In the movement room everything is possible. You can try things out! No one will judge you. No one will decode you ;))

You don't like to be close to someone body? Fine! Take your space!

You love to roll with someone over the floor? Fine too!

What happens if your bubbles coming close to each other? Are we open to let others in?

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19-21 h

drop-in-movement-jam

Your are welcome at any time! Come by your own to jump around! To get free of all the thoughts! Come in your team to do something else then hacking! Do the coding dance! Whenever its good for you! Find room and space for yourself, let your thoughts flow, let your body decide what to do and meet others you haven' t even seen yet.

Get in contact with others though movement and activate your mind before you hack yourself through the night — or you fall asleep exhausted. In the end of the jam we all calm down together.

Live music by the wonderful Alice Rose (DK) and her Loop Station.

Sunday 9, September

9 - 10 h

Awake your mind!

Last day! You had a working-tough night? You had some beers, feeling a bit heavy in your head?

Let's shake the body, get some fresh energy, soft stretches, wake up our mind, the right and left side of the brain, we roll our stiff shoulders and neck to be ready for the last round!

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12-13 h

Let's stay in contact

It's done! Time to come together to take a moment to "digest" what happened during these last 3 days. Gift yourself some relaxing time, decode your body and mind through guided movement, find a way to store and refill yourself. Breathe.

Budget

- design of the Movement Room
- Organisation, Communication with ETH
- facilitation of all workshops

netto: 1176,47 Euro

19 % MWST 223,53 Euro

brutto 1400,00 Euro

- Musician for 1 workshop
= 100 Euro

all together: 1500 Euro inklusive MWST

