

KARUṆĀ

(compassion)

Movement workshops | pain and release

Facilitator: Anusha Subramanyam
<http://beeja.com/dance> company

Date Thursday 10th September
 Friday 2nd October
Time 10.30 – 12.30 am (UK time)
 15:00 - 17:00 pm (Indian time)
Location Zoom (link sent on booking)

Calling those living with pain in India and the UK to participate in two online inclusive dance/movement workshops.

The workshops are part of a new collaboration between artist, Deborah Padfield and dancer, Anusha Subranayam funded by Akademi.

Participate in structured improvisational movement exploring how pain affects movement physically and verbally. Find your own possibilities for movement through building awareness of sensations within the body and the use of breath.

Participants will be offered personal movement options to try between workshops and invited to contribute their own gestures to the co-creation of a new dance work informed by the workshops, *KARUṆĀ*.

No previous experience of movement necessary.
You are encouraged to book for both sessions.

To reserve a space please email: deborah.padfield@btinternet.com

Anusha Subramanyam is artistic director of Beeja (<http://beeja.com/>). She is a thought leader, an inspiring performer, dance maker, movement therapist and teacher who has focused on integrating dance, education, and somatic and contemplative practices into her work. She is seen as one of the most exciting exponents of bharatanatyam working 'inside' and 'outside' of its tradition. Her work is trans-cultural and inter-generational. She has received numerous awards for her work such as the Asian Women Achievement Award in Culture, 2011 presented by IWA, UK and 'Nritya Acharya Ratna' by Milapfest, for 2017.

Deborah Padfield is a visual artist, Lecturer in Arts & Health Humanities at St George's, University of London and a Teaching Fellow at the Slade School of Fine Art, UCL. Collaborating with leading clinicians and academics, her research explores the potential of photographic images, co-created with people with pain, to facilitate doctor-patient communication. Her recent project Visualising Pain in India and the UK, explored the possibility of developing a 'trans-cultural iconography' for pain able to resonate in a range of cultural contexts. She is funded by numerous bodies and the recipient of many awards.

If you would like to reserve a space on both workshops please email:
deborah.padfield@btinternet.com

