

Ways of Documenting and Reflecting

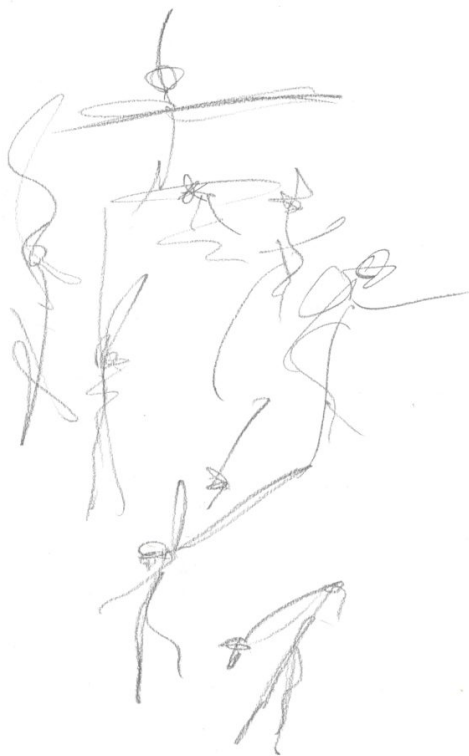
After several weeks of both leading and taking part in the Double Skin I Double Mind open classes at ICK Amsterdam, I have found that reflecting on the experience is highly valuable in terms of developing not only my practice as a facilitator but also my personal development within the method.

I have been considerably influenced by the work of Bertha Bermúdez Pascual and Anouk LLaurens with regard to their approach to dance documentation. Specifically the workshop set up by Anouk LLaurens entitled “Drawing as a tool for poetic and polyphonic dance documentation”, where participants are invited to draw the experience of revisiting a particular movement exploration.

During the last Double Skin I Double Mind open class I decided to try out this idea of documenting dance through drawing. My initial idea being to participate in the class and take several short breaks to sit and draw. In effect, documenting live movement as I saw it. However, I found it quite difficult to participate physically from the inside and observe from the outside, so I decided to take ten minutes at the end of the class to revisit the experience both from an internal perspective (how I experienced the movement) and from an external perspective (how I experienced the participants around me moving). What I find interesting about this way of documenting and reflecting is the immediate response to the experience of moving. I was not preoccupied with creating images on the page, but more with reproducing an honest memory of the way I perceived myself and the bodies around me.

Below are the images that represent my perception of the different stages of the class.

Jumping



Expanding



Reducing



Double Skin I Double Mind

Double Skin I Double Mind (DSIDM) is a movement method developed by Emio Greco and Pieter C. Scholten used to explore the sensitivity and diversity of the body through four fundamental principles: Breathing, Jumping, Expanding and Reducing. The relationship between the body and mind play an important role in the method where movement is formed through physical and mental intention. By means of inner reflection we aim to access a higher awareness enabling the body to be available for new physical possibilities.

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This research was conducted by Edward Lloyd as part of the 'DS I DM Open Class' project, co-organised by Lloyd and his colleague Arad Inbar in January 2018. Although the two artists are no longer involved, the project continues to exist within the structure of ICK Dans Amsterdam.