

MOVEMENT FOUNDRY presents

APRIL 21, 2013

*MOVE.
WRITE.
MOVE.*

11 am — 5 pm

**WITH
PAULA JOSA-JONES
& CAROL BURNES**

TO REGISTER EMAIL: movementfoundry@gmail.com

writing is physical ~ movement is language

A workshop for movers who think they can't write, and writers who think they can't move, and for those who love to do both!

DATE

Sunday, April 21, 2013

TIME

11 am — 5 pm

LOCATION

Green Street Studios

185 Green Street

Cambridge 02139

COST

\$80 | \$70 by April 7

- How can writing inform my movement practice?
- How can moving my body deepen my writing?
- What words are generated from the body?
- What movement is generated from words?

Both experienced and inexperienced movers and writers who want to play are welcome.

About MOVE WRITE MOVE

Come play with movement and words in ways you may never have thought to try, and discover how one inspires the other. Surprise yourself with new heights and depths of expression. When we connect words and movement, both are transformed. Grounding awareness in the body gives us a clear and immediate sense of self, of our own meaning and stories, and helps us find our true voice. We find words to take from the body to the page and off the page into the body.

- How can writing inform my movement practice?
- How can moving my body deepen my writing?

Both experienced and inexperienced movers and writers who want to play are welcome. We will weave improvisational movement practices with spontaneous writing exercises. Wear comfortable clothing and bring your favorite notebook and pen. Please also bring a packed lunch and whatever you like to drink.

PAULA JOSA-JONES, MA, CMA, RSME/T, is a choreographer, director, writer, and equestrian who has developed a unique form of visually charged dance-theater built on the sensuous experience of the body as landscape and source for movement and voice. Her work includes theatrical choreography for humans, inter-species work with horses and dancers, film and video. She has taught in the dance programs at Tufts University, Boston University, and at universities, colleges, and dance festivals nationally and internationally. Her writings on movement and dance have been published in *Contact Quarterly*.

Paula is dedicated to nourishing improvisational practice in work and play, and discovering how to be non-habitual in mind and body. Her goal is to help people connect to their creativity, to improvisation as a life practice, and to their own delicious experience of embodiment. She coaches performers and artists who want to deepen or develop their performance or creative projects.

josajo@vineyard.net / www.paulajosajones.org

CAROL BURNES, MEd, is an internationally published poet with three books to her credit, a performer and workshop leader, teaching for over 25 years in the US, UK, Europe, Australia and in New Zealand where she was a featured presenter at this year's ICOT (International Conference on Thinking). She has an international reputation as a performance poet and storyteller. Her one-woman show "Suddenly Single" won mention in the London Times.

Carol supports anyone who delights in writing or presenting and who wishes to deepen their work. With a unique approach that combines techniques from a variety of disciplines she guides people to get crucial messages across, whether they are bursting to express themselves, or feeling lost, stuck, or challenged. She coaches all ages and stages of writers and speakers – from novelists and poets to lawyers, from artists to researchers, from school students and business people, to those who would rather be watching a football game.

As a coach and teacher, she uses poetry writing to stress the power of image; she considers all projects, technical and creative, from the perspective of story. Carol is available to coach writers, speakers, and performers of all levels.

carolburnes@tamingwords.com / TamingWords.com