

## **Proprioceptive-space**, a sixth sense... led by Vincent Cacialano

In this workshop we will develop proprioceptive skills as a base for approaching compositional-improvisation.

The workshop involves individual warm-up exercises awaking all the surfaces of the body, exploring three-dimensional movement and spirals, work in partners involving touch and weight, as well as, theoretically based physiology-explorations and group spatial awareness exercises. Ending in ensemble improvisation and instant composition.

The work develops from small body tuning moments to full out movement. The goal is to increase the awareness of our bodies, movement, space and others. The text below helps capture the essence of the workshop focus.

“In one moment Cacialano mirrored his sister in a curled position on the floor. But, he wasn’t facing her, which made me wonder- do these dancers have eyes in their back of their heads? Their feet? The answer could be that their level of experience allows for a sort of sixth dancer sense. Or, if it were an accident, it was one that worked beautifully.” A. Totino (Pittsburgh Examiner)