

Workshop

I RITMI DEL CORPO

with Oskar Boldre

Our body is an instrument that we often forget about; it owns a very deep and ancient memory. Think of how primal the pulsation of walking (marching) is (in 2/4), and how magical is the cradling movement, which follows the heartbeat pulsation (in 3/4).

With the unlimited possible combinations of these two rhythms (2 and 3) we can start playing for a while. Re-discovering the good child's curiosity within us and relaxing with no judgement into the language of rhythm, we will have a lot of fun finding polyrhythms with the most simple combinations using feet and hands, accompanied by the never-fading instrument Voice. More playful exercises will bring us into the space of uneven rhythms.

Moreover, group work helps share the deep experience of re-connection with our roots and with the energy we receive from the earth through our feet.

Everybody can participate.

DATES AND HOURS

Saturday and/or Sunday, 6-7 hours a day for a total of 14-16 hours (2 days).
To be scheduled far in advance.

REQUIREMENTS

A very quite room of at least 50/70 sq meters. Electric plug and restrooms.
The floor should be made of a material you can easily walk barefoot on (linoleum, wood, carpet...).

NUMBER OF PARTICIPANTS

Minimum 10, maximum 25.

REGISTRATION DEADLINE

The program will be offered subject to sufficient registration. The minimum number of registrations must be received 3 weeks before the scheduled date

INFO

Oskar Boldre, via palestro 3, I-21030 Casalzuigno (VA)
Tel/fax +39 (0)332 624004
cell. +39 (0)338 8965838 (from Italy)
cell. +41 (0)76 433 68 38 (from other countries)
oskarboldre@tiscali.it