



The Ocean We Inhabit by PlanetArt Fund

Proposal for the development of workshops creating awareness of the ocean for students through dance movement sessions.

Baltimore Lab School, Baltimore, Maryland

(Eight Graders: TBD based on science fair, sixth graders: 9 children, high school students: 5-10)

Led and developed by: Martha Raquel Herrera Muñoz

Organized by: Manuela Reyes Restrepo and PlanetArt Fund

Facilitated by: Zac Lawhon and Jackie Lesh

Proposed Dates: April 25 - 27, 2016

Duration: Each workshop will have the minimum duration of 1 hour and 15 minutes. Workshops will be provided free of charge, and students will be featured in an exhibition at the National Aquarium alongside internationally renowned artists, musicians, and performers.

PROPOSED CONTENT

“To a being we must only ask that which is according to its nature”

The Ocean We Inhabit will be the inaugural exhibition of PlanetArt Fund, a non-profit organization that will advocate environmental awareness and change through art. It will consist of a multisensory experience at the National Aquarium in Baltimore creating a tribute to our oceans through dance, video, narrative performance, and sound art.

PlanetArt Fund will like to create an alliance with Baltimore Lab School through the workshop *The Ocean We Inhabit*, led by Martha Raquel Herrera. The workshop will explore the subject of the ocean through the free body expression promoted by dance movement and music. By exploring the creative possibilities of the body in the living environment, it will raise the consciousness of the participants.

Martha Raquel Herrera (b. 1963, Bogotá, Colombia) is a Colombian-Italian architect, dancer and choreographer. She is a freelancer at Dance Movement Therapist and is a member of Apid Associazione Professionale Italiana DMT. Herrera works in Contest Clinic and social education in Italy, Spain and Colombia. She currently works in Milan and Colombia leading workshops with foundations within the framework of social development projects and peace building.

WHAT?

The workshop will explore, through movement and dance in its simplest form, the concept of "connections" as elements that characterize the living systems. The subject addressed will be the ecology, exploring the way in which we correlate with our



environment through our decisions and behaviors. Subjects such as conservation, sustainability, and bio diversity are applicable principles for the environment as well as for individuals.

The subjective experience will be the starting point from where we will seek to understand how an ecological approach is related to our life style and our daily decisions. We will address the way in which we take care of ourselves and at the same time, how we relate with each other, indicating how individuals and the environment are constantly interrelated.

HOW?

The workshop proposes an experiential work alternating techniques of corporeal awareness, games, and experiences with elements of the sea. It will promote listening, sensibility, and the necessary flexibility in order to address our internal and external environment. The workshop will be created collaboratively with a fun spirit. It will refer specifically to the method of *Dance Movement Therapy* between East and West.

Through this method, nature becomes the facilitator to educate, exercise, and prepare a greater capacity of listening to us and to other beings. In this way, a connection is established between every individual and the world. Through the art of dance and movement, we will learn about taking care of us as well as of the planet.

Workshop Schedule:

Earth (I am) - April 25, 2016
Periods 3-4, 6th grade
Periods 5-6, 8th grade (as available) and High School
Location: Black Box

During the first workshop, we will dance around the limit of the body and the space. We will explore the solidity of feeling our feet anchored to the ground and the security of what this offers. The Earth represents the contact within us. Therefore, this first phase will explore the individual work and the possibility of changing forms, *The Dance of the Unspecific Forms*. The Earth is what gives us the form of the body in the space. In this phase, the basis of the workshop will be created based on these ideas: "I can change the forms of my body..." "I am alive...I am alive..."

* The music will have particular attention on the rhythm as containment element.

Water (Me -The Other) - April 26, 2016
Periods 3-4, 6th grade
Periods 5-6, 8th grade (as available) and High School
Location: Black Box



During the second workshop we will dance about the fluidity of Water. Depending on the circumstances--fall and recovery--its flexibility and versatility adapts to its container. The parts of the body that will be explored will be the hips and the belly. The images that will guide the dance will make reference to the ocean's animals of The National Aquarium. If the visit to the aquarium is not possible, we will provide images of books or projections of photographs. (If we choose to work with projections, it will be required that the participants will dress with white t-shirts). In the Water phase, *One becomes Two*, leading to dancing in partners. *Dance...I Reflect Myself on the Other*.

* The music will have particular attention on the melody, accents, and prolonged sounds that will come and go.

Fire (I Can) – April 27, 2016
Periods 3-6, all students.
Location: Black Box

During the third workshop, we will enjoy the element fire as a source of maximum creativity in the heat and in the empathic participation which develops through the outgoing character which is searching for an encounter. The groups will become one. There will be a space for the group to create the dance *The Ocean We Inhabit*. In the fire, the dance *I Can* will be developed. "*Dance Your Dance or Nobody Will Dance it For You.*"

We will inspire on the element **Air (I Come)** and the element **Space (I Squeeze)** to create the performance with lightness, freedom and humor. The image that guides will be predominately the circle. The parts of the body that will be mostly used will be the heart, the trunk, and the arms.

*Music will be happy and very bubbly.

Students' work with Martha Racquel will be filmed, and video will be edited by Zac Lawhon and Martha Racquel into footage for the exhibition at the National Aquarium in Baltimore on April 28.

Teacher facilitators and jobs:

Zac — Periods 3,4, 5, 6 — Help to facilitate and guide students, videographer
Coverage needed: Periods 3,4,

Jackie — Period 3,4,5,6 — Dance teacher, help to facilitate and guide students.
Coverage needed: Periods 5 & 6

Karen Yeoman — Periods 3,4 - Translator/Spanish
Coverage needed: Period 4



Erica Geltman-Linardi — Periods 5, 6 - Translator/Spanish Coverage needed — none. 5th period students will be involved.

Budget concerns: Coverage for teachers:

\$80— lunch for Manuela and Martha Racquel for 3 days. ZL will pay for lunch and be reimbursed.

\$20 — White T-shirts for student participants.

Materials

Barefoot students

Clean and cozy floor

Rocks with the dimensions of a fist (They can be collected in a park or bought in gardening stores). We will need one rock per student and adults (if there are going to be workshops for teachers)

Stereo (We will need an audio connection for IPod, except if we have live music)

Vapory colored fabrics (they will not be damaged, we will only use them for dancing)

Crepe paper of different colors

Water bubbles

Balloons of different colors

A Long elastic lycra fabric

White t-shirts for each student (If we use projections)

REFERENCES

*References to other methods will enrich and nourish the method of the *Dance Movement Therapy between East and West*. ([Scuola di Specializzazione AFGP-Sarabanda in DMT, Dmt tra Oriente ed Occidente e Metodo Fux. Tecniche e Metodiche espressive per interventi nel sociale](#))

Bodythinking Method (<http://www.bodythinking.com/>): The experience of the body towards the ecology of movement. How does a living system function? Which

organization has a more efficient performance? Which are the links and the laws to which it is subject to.

Feldenkrais® Method (www.feldenkrais.it): an innovative system of education of movement dedicated to improve the consciousness, flexibility, coordination, and posture. It is applied in diverse environments of the health, expressive movement, art, education, and creativity. The method helps the perception of an “ecological being” in



order to organize the individual's actions without dispersing the energy, having clarity and satisfaction.



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