

# Lab Jadi

Deutsch:

Die Berührung als Geste des Anbietens, Empfangens, Kommunizierens.

Die Berührung als Werkzeug für Anerkennung.

Die Berührung als spielerisches Werkzeug, um sich mit Respekt und Bewusstsein zu treffen und zu verbinden.

Mein Interesse liegt darin, die Qualitäten und Informationen zu erforschen, die jede spezifische Berührung in sich trägt, um Dialoge, Tänze, Heilung zu initiieren und zu entwickeln. Das taktile System umfasst das gesamte Hautnetz – auch den inneren Teil des Mundes und des Anus. Es ist wie ein Tor, genau wie es die Stimme ist, zwischen dem Innen- und dem Außenraum, die Informationen empfangen und geben. Es gibt eine direkte Verbindung zwischen der Berührung und den emotionalen Zentren im Gehirn, durch ein Bewegungssensoren-Netzwerk, das sich durch den Körper erstreckt. Der kinästhetische Sinn hilft uns, uns zu orientieren, unsere Position zu erkennen, sich an Details über taktile Erfahrungen zu erinnern.

Um das Bewusstsein und die Bewegungsmöglichkeiten des Körpers zu beobachten und zu verfeinern, organisierte ich mehrere Erkundungen durch die Körpersysteme. Jedes System hat seine Rhythmen, Formen und seine einzigartige Art sich zu bewegen, zu verbinden, zu berühren. Von einer einfachen Berührung aus, werden wir die Handlung des "yielding, sharing weight, contra balance, entdecken. Aus der Freiheit heraus finden und vertrauen wir neuen Wegen für unsere Bewegung und Kontakt-Tänze.

Durch "Imagination und Intuitionen werden wir verschiedene Texturen, Dauern, Dynamiken, Möglichkeiten erkundigen.

Meine Erfahrungen in Contact Improvisation, Body-Mind Centering, Qi Gong und Butoh halfen mir, einige Scores zu entwickeln, die uns in diese somatische, spielerische und sensible Reise führen werden.

Ich möchte die Teilnehmer dazu einladen, ihre eigenen Ideen und Neugierde zu teilen sowie diese Zeit auch als Plattform zu nutzen, um ihre eigene Vision vorzuschlagen und zu erforschen.

## ENGLISH VERSION

The Touch as gesture, of offering, receiving, communicating.

The Touch, as a tool for acknowledgment and recognition.

The Touch as a playful tool to meet and connect with respect and awareness.

My interest is to explore the qualities and information that each specific Touch carries to initiate and develop dialogues, dances, healing pathways. The tactile system encompasses the entire skin network – also the interior of the mouth and anus. It's a gateway -- just like the voice is -- between the "inside" and the "outside" world. It receives and gives

information. There is a direct connection between the Touch and the emotional centers in the brain through a motion sensor network that extends through the body. The kinesthetic sense helps us to orient ourselves, to recognize our position, to remember details about tactile experiences.

The unseen, the invisible, the joy, the pain, the "in-tensions" -- intentions are the operating system together with the context (external influences), which shape and nurture the action of touching/touching.

To observe and refine the consciousness and the movement possibilities of the body, I organized several explorations through the body systems. Each system has its rhythms, shapes, and its unique way of moving, connecting, touching. From a simple touch, we explore the action of "yielding, sharing weight, contra balance. With freedom, we find and trust new ways for our movement and contact dances.

We connect to the source of initiation in our body and with the one we want to meet.

We observe and play with a wide range of possibilities that our bodies offer, discovering different textures, duration, dynamics – We focus on the full awareness of each action.

My experiences and studies in contact improvisation, body-mind centering, Qi Gong, and Butoh helped me to develop some scores and games that lead us into this senatorial playful and sensitive journey.

I want to invite the participants to share their ideas and curiosity and to use this time as a platform to propose and explore their vision.

## IF YOU WANT TO READ MORE

"Touch" is not only the action of Touch. An electromagnetic vibration field surrounds every person and is organized in seven levels – emotional, mental, astral body, impression body, wisdom body, spiritual level. We can find the same distribution as the center in the physical body map. An efficient network across the body interconnects both systems, and the skin is the gateway.

In each language, there are three main components. These components are form, content, and use. The form comprises three sub-components of syntax, morphology, and phonology. The 5 parameters of a language are:

1. SHAPE OF THE HAND,
2. ORIENTATION
3. LOCATION
4. MOVEMENT
5. FACIAL EXPRESSIONS – non-manual markers –

All these parameters and components can be found in the body. Indeed, with other formats, because the body does not speak with the same voice as the brain, but it has a form, content, and particular uses. The body syntax is the entire mechanical functions to bend, stretch, rotate... The morphological part is the different forms it takes, and the phonological one is the patterns, movement sequences that the body can develop. So you can say that the body has a real language, and the movement and the Touch are the means of this language. Both means correspond to the physical laws of time, space, and mass. In body

language, any specific texture, intensity, rhythm, dimension has a specific meaning and way to be handled. The tactile experience is one of the main features of body language. It conducts a double dialogue between the physical and emotional state of the participant. On one side, the technical -- functional aspect of Touch, "How do I touch?" and on the other, "How does my body feel?" --. The same dialogue occurs over the other body: the perception of its physiological aspect and the feeling, "How does it feel? "And," how does my body feel in contact with the other?" -- association, memory, internal, and external influence of each body.