

Does your jellyfish sing? Embodied exploration of the moving tentacles of breath, body, and voice.

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This workshop will offer a gentle exploration of the anatomical structures of the diaphragms in the body through movement and somatic explorations (based in Body-Mind Centering.) We will playfully and curiously follow the 'tentacles' which internally support breath, body and voice to see if thinking with and through certain movement patterns (which follow jellyfish propulsion for example) we might find an ease in embodiment, a transparency to our intentions, and move towards expanding our expressive repertoire.

This work will offer a brief introduction for how somatic embodiment might be considered within frameworks from materialist feminism, (in particular following Haraway's evocation to pay attention to the 'tentacled ones' and to stay with the trouble). Can this embodied experiment lead us to other tentacles at work in embodying monodrama? What other stages might it open up to consideration beyond the high tragedy of the Anthropocene?

Note: Participants work within their own range of motion/ability; no particular previous experience is required but a playful sense of curiosity can help! If you've any questions please don't hesitate to contact me. (email: r.ogorman@ucc.ie)