

# “Embodied Exchanges” WORKSHOP

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## Workshop description:

“Embodied Exchanges” is a community-driven, community-centered creative framework with the body as a medium of communication. As a framework, there is no specific set of exercises that characterizes this workshop, but this would be rather determined by the needs of the community or communities involved. The goal of these encounters is to develop a common creative language with the body at its center – how can a group create their own safeguarded communication channel, one through which they can develop their creative thinking and practice. Participants will be guided through movement prompts, improvisation guidelines, and body-on exercises achieve this. Open to anyone, the workshop emphasizes the process of creating, rather than a fixed result.

**Subject Areas:** Bodily communication, improvisation, movement prompts, creative development.

## Learning Objectives:

- Develop a common communicative language based on the body.
- Utilize strategies and prompts to expand on creativity and imagination.
- Create an inclusive environment in which everyone is encouraged to participate through their bodies.

**Important Concepts:** movement prompt, embodiment, bodily communication.

**Proposed time:** 90 min.