

# **BODYWEATHER FOR THE ANTHROPOCENE**

led by

TESS DE QUINCEY

**Sunday 3 April, 12 midday - 4pm**

at

**The University of Sydney**

Choreographer and dancer Tess de Quincey invites you to a 4-hour workshop *BODYWEATHER FOR THE ANTHROPOCENE* to explore what sensitivities resound as we stumble towards a new era, a time in which our capacity to respond to change is determining.

This will be a curious, serious, playful introduction to BodyWeather - a practice founded in Japan and adopted internationally that fuses ancient traditions with contemporary thought, from both the East and the West.

BodyWeather is a strategy to the mind and to the body. It is not just for 'professionals' or dancers alone but is an open investigation that can be relevant for anyone interested in investigating through the body.

Exploring place, time and perception through the 'body-mind', the weather of the body and its context is observed so as to gauge the changes occurring inside and outside; in taking the temperature of each moment we monitor change.

BodyWeather articulates the climates of our bodies and our minds – proposing a 'weather of being' to negotiate change and to explore our world. As carriers of time and relationship, BodyWeather bodies are environments where the skin is only one borderline. Like the weather, these bodies are in a constant state of flux – continually changed by and reflecting the environment in and around them. They exemplify how body, space, history and future are interconnected and transform each other.

A position of fierce independence is encouraged that contributes and takes responsibility for the collective sensibility of a group body. Rather than emphasizing what the body can do as it cuts through space, instead it brings focus to how body and space can be transformed by each other. The body is danced by the environment.

Ecology and ethics are a cornerstone of our practice, which facilitates a dialogue of exchange, particularly across cultures.

BodyWeather is an exchange that opens up and questions the nature of perception and space – both intimate and epic as much as individual and collective. We propose the body as a constantly changing environment shaped within a greater ecology.

How do we engage with the world? Our attention is precious - it defines our life.

**VENUE:** Rex Cramphorn Studio, Department of Theatre & Performance Studies, A20 Woolley Building, Manning Road, The University of Sydney

**COST:** By donation

**MORE INFO:** Find out more about BodyWeather [HERE](#)

**BOOKINGS:** Places are limited. Bookings are essential and must be made through [Eventbrite](#).

**ENQUIRIES:** [info@DeQuinceyCo.net](mailto:info@DeQuinceyCo.net)