



Stephanie Gottlob: Dancing the Biomes



Stephanie Gottlob is an improvisational movement artist exploring somatic experience and creative process on, and with the land. This presentation will inspire you to connect with Nature and open the doors to a new way of finding embodiment. Check out the three films she shares as well.

TOP EMBODIMENT TIP: Be creative with nature, She'll teach you.

Go out into nature, be in nature, and immerse yourself. Find ways to be hot and cold, and dirty, and lay down and crawl on the ground. Get wet and get prickled. Be creative with nature, She'll teach you.

Intro: Seeds planted

- Stephanie discovers how her interests of nature and dance can intersect and realizes that she needs to go into nature and dance with Her.
- The artist decides to dance in the many biomes of North America.

Place: The Biomes

- This is place-based work and is done by creating a deep connection to place.
- Each biome enlivens something different inside. Each place asks one to access themself.
- Look around, "What interests me? Where am I not going, because it's too muddy? Then look at where am I ignoring altogether.

In relation:

- It's not that things relate, it's that we are in relationship with Nature's elements.
- When improvising in nature the movement is in relation to something else. It's always a duet, if not a quintet!
- Ask the surrounding elements, "what do you want me to do right now, or what do you want to express?"
- It's about allowing, following, finding. Nature is revealing while the artist is finding.

Process:

- The boundaries for Stephanie to explore the Biomes are North America.
- One month at least in each place.
- Let the place teach you, do not go with expectations. Learn who lives and has lived there from local knowledge, and make sure to be within the law no trespassing.

Resources

- Connect: <u>https://adrianharris.org/blog/2020/06/26/stephanie-gottlob-improvisational-movement-artist/</u>
- * References: Gary Snyder (poet), Bayo Akomolafe





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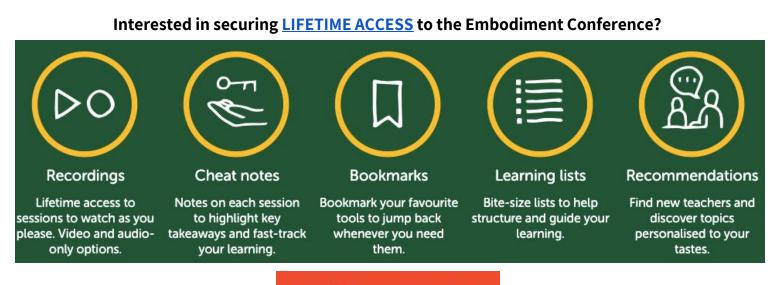
Forests Without Frontiers



Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transilvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.



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