



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



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