



Laura Jones: Open Language and Textured Movement – An Inclusive Approach to Dance



Laura Jones has danced professionally for 19 years and is Head of Talent Development at [Stopgap Dance Company](#), an integrated contemporary dance company. She is a fierce advocate for dance, disability, inclusion and equality, advancing the sector through teacher training, public speaking and consultancy work. Discover how adjusting language enables greater inclusion, removes barriers for dancers with diverse physicalities and learning abilities, and creates a deeper understanding and quality of movement for everyone.

TOP EMBODIMENT TIP: Do not judge yourself by what anyone else is doing and find your own journey.

Session Overview:

- Developed Stopgap to embrace greater **inclusivity, access, and equality** within dance. Creating **opportunities and access** for those who otherwise may have barriers to dancing.
- **Open language - a tool for creating accessibility.** Doesn't water down dance skills, it lifts and elevates everyone and supports becoming more in-tune with the body.

Example Open vs. Closed Language:

- **Closed language:** “Walk around your space”.
- **Open language:** “Try having a wander around your space”. Or maybe a strut, or meander, or glide.
- Feel into the difference. Many of us have an image of “walking” as one foot moving in front of the other. Open language is **more liberating**. Also non-confronting for those with injuries or trauma and **not shutting down to people who aren't able to do certain movements**. Allows all **to connect with the body more**.

Textured Language:

- Language that has a **quality, and maybe a specific energy, not just a shape or anatomical description**. She likes using food as in “*moving through honey*”. So uses “*stir*” instead of “*circle*”. Allows one to embody more.

Movement Exercises:

- **Movement Introduction:** Explore movement through textured terms, e.g. *squelch, stir, brush, melt*.
- Laura demonstrates **looseness within structure** and how these words have a sense of openness for modifications.
- **Phrase Exploration:** Open choreography journey; continued explosion, using textured phrases such as *rock, jab, brush, swing open and closed, scoop, reverse, suspend, catch, crumble, float, slice, throw, melt, burst*.

Resources

- ❖ **Courses:** [Home practice](#)
- ❖ **Website:** [Stopgap Dance Company](#)
- ❖ **Social:** [@stopgapdance](#), [Facebook](#), [Twitter](#)



Laura Jones





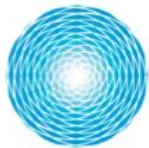
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

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