



### 5 Rhythms Panel: Moving Metaphors: Art As Refuge On The Dance Floor



An inquiry with Servants of the Muse: Morag Donnelly, Matt Shearing, Tess Howell and Martha Peabody. Presented by Emory M. Moore. Explore the dance of the still life ... installation, altar, the casual assemblage of beauty in the random placement of things. Martha has the background of Esalen Institute and a lot of time being with Gabrielle Roth, Tess is a Five Rhythms Teacher as Morag is, and Matt is a visual artist and designer, 5Rhythms dancer, yogi, buddhist and tai chi practitioner.

**TOP EMBODIMENT TIP:** Art on the Dance Floor: “A field of expertise in the visual integration of Gabrielle's five rhythms maps in motion, facilitating that magical place where the stories come from the invisible to life. Using random multiple mediums accessing the intuition and imagination as guides from the grounded body she holds space for the manifestation of metaphors. That catalyze and calm are a refuge on the dance floor, she's interested in the spirit of all things.”

*Art is the soul food each person needs to create space for Movement to align with motion and change. (Gabrielle Roth)*

**Martha Peabody:** Yoko Ono says: Everybody is an artist. In terms of the art within relationship to movement and the dance floor, one of the foundational principles for Gabrielle's work was that the dance is big enough to hold it all. Nothing is ruled out, so everything and everybody gets included. We had things in installations like somebody's grandfather's teeth :-). And when there is the surrender to the somatic to the body, the mind will follow, and the heart and the soul and the spirit come to the full alive experience. Art on the Dance Floor can be:

- **A Touchstone**, if you come in the room and you're uncomfortable find a place to ground yourself.
- **A Grounding Presence**. It can have elements in it that are attractive to people - to center themselves. Or it can evoke a sense of mystery. There are all kinds of installations; some people come in and just scratch their heads before they start dancing and then go back and really take it in more deeply after they dance.
- **An Inviting Portal** that invites you to get another perspective.
- **A Spacious Empty Place of Refuge**: there are all the beautiful stillness installations that people do all over the world. So that's a map for grounding, centering, inviting mystery and finding spaciousness - those are all elements that can be presented within to catalyze. And a lot of times it's extremely accidental. And that is where the magic happens.

**Tess Howell:** Art in dance is just more authentic, less presented, more collaborative, and it changes or evolves over time. And there is something about art as metaphors depth as bringing food with the things to be spoken. The dance brings forward the things that can't be spoken in nuances. The art is something about bringing those worlds together. What we do through art is to say what is coming through the body, the heart, the passion and what is going on in the world.

**Morag Donnelly:** When I came to five rhythms 20 years ago the art did something to my body.. And it totally shifted something in the way that I hadn't been able to feel at home with GALLERY work. The class thing of art we see outside here kind of dissolves itself, just like it does on the dance floor. Often we have something symbolic of every dancer, so there is the possibility of participation for every dancer. In our world of online events now it is also the overall connection we have when we present a symbolic picture to all.

**Matt Shearing:** Design has moved on from a tool for shaping the world in its image to become a listening, iterative and responsive practice.



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