Prof. Sondra Fraleigh and Rena Milgrom: Generous Phenomenologies: Improv in the Blanks

Professor Sondra Fraleigh is the founding director of Eastwest Somatics Institute, is a Fulbright Scholar, and the author of nine books. She is joined by improviser and Dance Movement Therapist, Rena Milgrom. Engage or observe this performative essay on the six kinds of phenomenology as stepping stones to dance improvisation.

**TOP EMBODIMENT TIP:** Sondra: Fill your house with wildflowers. Connect with what you appreciate in your life, and allow your sadness. Rena: Move. Take time for yourself. Let the body inform what comes next.

**Transcendental Phenomenology:** Transformation occurs through kinesthetic discovery.
- Transcendence occurs not through seeking other worlds, but through going more deeply into this world and into our own experiences.

**Existential Phenomenology:** Become the dance.
- Dancers think about what they are doing while they move, not before. Over time, we become what we do.

**Heuristic Phenomenology:** Relationships boost dimensionality.
- Our individual and communal stories extend relational awareness and autobiographical consciousness.

**Hermeneutic Phenomenology:** Shared horizons of meaning are tricky.
- Shared meaning in dance/art can arise with large cultural events, yet fall apart on the individual level.

**Performative Phenomenology:** Phenomenology is itself a performance.
- The generative aspects of the arts relate to the open-ended aspects of phenomenological methods.
- Phenomenology is not goal-driven-- it’s malleable, performative, cultural, and generative.

**Ecological Phenomenology:** The body is culturally constructed, yet still a material part of nature.
- Nature and material reality have an ontology of their own.
- The world is a noun and in its infinite activity, moves, becomes, and changes as a verb.

**Resources:**
- **Books:** Butoh: Metamorphic Dance and Global Alchemy by Sondra Fraleigh
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.