



# ¿ what is **it** that moves **us**? **PROJECT**

is an experimental and creative collaboration between Kirstie Simson and Renata Keller that offers ways for people to go beyond their limited perception of self and life through dance and dialogue work, to discover authentic ways of moving and speaking together.

By learning how to open up our deeper perceptions of communication we will discover a shared space, and experience the cultural potential of coming together in an inter-subjective field of awareness.

[Whatisitthatmovesus.com](http://Whatisitthatmovesus.com)  
(work in progress)



## What is it that moves us? - Project

has emerged through a creative collaboration between Kirstie Simson (professor of dance improvisation at the University of Illinois, USA), and Renata Keller (film maker, graphic artist and dialogue facilitator, Germany).

Over the last few decades human beings have begun to experience the cultural potential in coming together to harness our individuality for a shared purpose. By learning how to open up our deeper perceptions of communication we discover with others a unified space, and experience the cultural potential of coming together beyond our pre-conceived notions of Self.

Renata and Kirstie have known each other for 25 years. They have practiced a meditative path together for many years that has laid the foundation for their work. They recognize that their approaches to their own particular areas of specialization are founded on the same principles of spontaneity, authenticity, aliveness and embodied awareness, and they share the same passion for discovering and living from a unified space. In their work together they will share their knowledge of developing the subtle capacities of perceptions that are needed to experience this field of awareness.

In the workshops Renata and Kirstie will guide sessions together, interweaving times for moving, reflection and dialogue. By bringing people together in this way a journey of discovery will ensue, during which some of the following questions will be looked into:

### What is it that moves us and brings us together?

What is an authentic dialogue with others through body language and spoken word?

How do we listen and move in a shared space?

How do our ways of relating to others change when we discover a joint space of experimentation and creativity?

How do we shift our focus from a small sense of self to shared and open dimension of knowing and reality?

What is the source of our actions?

Where does 'I' begin and end?

Our dialogue and movement work offers ways for people to go beyond their self-preoccupations and limited notions of life and Self, in order to discover and celebrate a unified space of experimentation and creativity. In understanding intuitively and conceptually where we speak and move from, and reaching to engage with each other more authentically, we are opened up to genuine and honest ways of communication. We will cultivate and practice capacities of deep listening and sensing, getting to know ourselves, others and our relationship to the world in new ways, through a strong, unifying foundation of trust and confidence in life.

We welcome people of all levels of movement experience to our sessions, including no previous experience to professional level involvement with dance.

Please see bios and descriptions about the work that Renata Keller and Kirstie Simson do individually.



## Dance Improvisation: The Art of Deep Listening

Kirstie Simson draws from her knowledge of contact improvisation, dance techniques, the Alexander technique, Aikido, meditation and her extensive experience of improvisation in performance. Her work explores the huge potential of the body's response to the primal urge to move, inspired by the energy released through human interaction, physical challenge and a daring to go beyond inherent ideas of limitation.

There is deep inspiration and rigor in a practice of improvisation that posits vulnerability at its heart. Developing the skills to be able to care for, engage, respect and respond to that state of vulnerability in oneself and others gives life to improvisation that is powerful and transformative.

This is the work that Kirstie engenders through facilitated exercises, open time for play and exploration, movement scores, observations and discussion. Much of the work is experienced through partnering and connection with others, balanced with solo time for processing and reflection.

Kirstie's art form is her life practice, and she shares insights gleaned from thirty-two years experience of loving and living dance improvisation.

## Bio

Kirstie Simson (UK) has been a continuous explosion in the contemporary dance scene, bringing audiences into contact with the vitality of pure creation in moment after moment of virtuoso improvisation. Her eternal subject is freedom and she is renowned internationally as a leading light in the field of dance improvisation. She recently made the film **Force of Nature**, directed by filmmaker Katrina McPherson, that is a testament of her dedication and love for her art form.

Kirstie currently holds a professorship in the department of dance at the University of Illinois where she teaches dance improvisation.





## Evolutionary Dialogue: What is a 'good' conversation?

Over the last few decades human beings have begun to experience the power and potential in coming together to harness our individuality for a shared purpose.

Some call it collective intelligence; others name it the "we" space or collective emergence. This collective dimension involves communication practices that create mutual respect, listening, and collaboration for problem solving.

Evolutionary dialogue provides a context both for individual development beyond the separate self-sense and for real creative engagement together. This combination of a unified orientation with the pragmatic need for real outcomes makes it a potent tool to find a common ground between human beings that transcends our limited ways to relate to each other. Through learning how to become aware of a shared space between us we can discover new traits in our own being that have not been previously conscious to us: humility, empathy, and a developing sense of awareness of the deeper qualities of life.

Over the past 15 years, Renata has practiced and co-developed the art of evolutionary dialogue in many different settings and has co-led various groups around the globe. She currently runs two Dialogue - Salons in Berlin focused on various topics, one of which is for women only. She is co-leading the training course for evolutionary dialogue facilitators in Germany with Dr. Thomas Steininger and is hosting a weekly virtual evolutionary dialogue seminar in Berlin. Renata believes that a genuine dialogue practice can not only change and improve the way we communicate but can also be a catalyzer for having deep and meaningful relationships.

### Bio

Renata Keller is a filmmaker, artist, and graphic designer based in Berlin. She has worked in visual arts for over twenty-five years and is the Director of Vertical Impulse, a graphic design, film production, and creative art firm. She is also the CEO and art director of the German philosophical quarterly magazine 'evolve'. With a master's degree in Applied Imagination from Central St. Martin's College of Art and Design (Dist), Renata went on to study documentary filmmaking in London. She is currently working on the documentary film 'Why Women Need to Climb Mountains.' The film explores the life and vision of the pioneer of women's history, Dr. Gerda Lerner. [www.livinghistorymovie.com](http://www.livinghistorymovie.com)

Since being a teenager Renata has pursued her deep longing for a meaningful life and continues to undertake a spiritual enquiry based on the ideas of Teilhard de Chardin, J. Krishnamurti, Vimala Thackar and Ken Wilber amongst others.