

# THE ART OF MOVEMENT

SOMATICS PROCESS, CREATIVITY AND PERFORMANCE

TRAINING GUIDED BY

**G. HOFFMAN SOTO**  
**AUDE CARTOUX**  
**YOANN BOYER**



**PÔLE 164**  
ITINERRANCES • MEAARI

The training « Somatics, Creative Process and Performance » is an experiential artistic education process based in movement. It cultivates a kinaesthetic vocabulary and develop a dance awareness to expand our creative abilities in the field of Performing Arts. This multi-modal approach plays with the use of voice, text, writing, props and communication skills.

### OBJECTIVES :

The objectives are to support our unfolding and ripening as artists, educators and human beings through :

- Cultivation of our Somatic presence
- Deepen and widen our artistic practices
- Fostering personal responsibility, empowerment and creative freedom
- The translation of the work into daily life
- An invitation to become more present, spontaneous and creative.

**PUBLIC :** This training is addressed to artists in the performing art : dancers, actors, artist from circus, clown..., people with a professional background in movement : sport teacher, body therapist...and everyone who wants to develop his training in movement.

### DATES (5 seminars)

February 26th – March 8th – 10 days  
May 1st – May 6th – 6 days  
July 9th - 19th – 10 days  
October 29th – November 3rd - 6 days  
February 11th – 20th - 10 days

FEES = 3785 euros

PLACE Pôle 164, Pôle de Création et de Développement des Publics à l'Art Chorégraphique, 164 bd de Plombières, 13014 Marseille

### REGISTRATIONS :

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Guided by artists and movement educators : G. Soto Hoffman, Aude Cartoux and Yoann Boyer.

■ At 72 years old, G. Soto Hoffman crossed its life in the Movement Art. Evolving between dance and martial arts, his research concerned to the capacity of the body-spirit to express, to create, to communicate and to be cured. He collaborates with Anna Halprin for more than 40 years. Today, he dances and teaches all over the world the anatomy in movement, the ideokonesis® and the art of improvisation in dance-theater.

■ On stage since her childhood, Aude Cartoux explores the body in movement in all his forms. At the age of 35, certificated from the french state contemporary dance teacher diploma, she teaches the art of the movement in various contexts: Department of Education, National Dance Institutions, Hospitals etc. She is developing her artistic practice in collaboration with different collectives and companies in the movement of Performing Arts and contemporary dance through notions as play and sensitivity.

■ Interested in the power of Art as a way to reveal what intimately “moves” us as humans, Yoann Boyer is dancing since the age of 12. Performer for more than 15 ans with several choreographers, he also studies clown and NonViolent Communication®, opening up new perspective on inter-relational life and groups dynamics. He is orienting his artistic and pedagogical research in life art bridge awareness.

Aude et Yoann are both Tamalpa Life Art Process® practionners.