

Sacro-Cranial Technique

The sacro-cranial choreographic movement technique for training and performance draws upon a 'miscigenated' matrix of movement systems, mainly Yoga and Laban/Bartenieff Fundamentals, with aspects adapted from Suzuki's Theatre practice. In concrete, this technique should be delivered in two phases:

1st Phase - *Sensing the Matter*: a basic, foundational period, where the connections within the body will be highlighted through a physical process that focuses on the awareness of the transfer and levels of energy within the individual body. Following the chakras developmental scale, in this first phase, issues linked to the instinctual line of the chakras will dictate the tone of the movement sessions (namely chakras 1: Root, tailbone, 2: Sex, perineum and 3: Power, solar plexus). So, under a Laban/Bartenieff approach, the practical sessions will concentrate on Breath and Grounding, namely connection to the Self and delimitation of the personal kinesphere, being "Yield and Push" an essential element within the learning.

2nd Phase - *Drawing the Form*: a period of 'construction', where the foundational level has already been sedimented. The tone of these sessions will follow the passage of the 'matter' characteristic of the lower chakras to the upper and more symbolic ('ethereal') ones: chakras (4: Love, Heart, 5: Communication, Throat, 6: Intuition, 3rd Eye and 7: Consciousness, Crown of the Head). Here the tone of the sessions will be transferred to dramatic movement and physical expression, tending to more creative sessions (in comparison to the ones of the first phase). With regards to movement, again drawing upon Bartenieff's vocabulary, this is where the connection between individual and external-space will start. To go beyond the boundaries of the student's own kinesphere and start exploring the connection of the student's own body with the space and others. This also coincides with the beginning of the development of "Reach & Pull" Patterns described in Bartenieff Fundamentals (and the social persona at the height of the third chakra).

For more information on the training methods and theories applied to this course:
<http://www.cristinaelias.eu/en/theory.html>

Practical teaching

A 2 hour session is organized as follows:

Part 1 - Physical Preparation (40 min)

Acknowledging the geometry and the patterns of organization and connectivity within the body: warm-up, concentration, enhancing resistance and flexibility

Part 2 - Choreographing one's own body (40 min)

Using the bodily awareness to draw forms in space: figures of eight, swings, spirals, ways of walking, the Suzuki statues

Part 3 - Movement and Meaning (40 min)

making the body speak: expressive dancing and moving words