

# The Festival

On Saturday, March 17, 2012 from 10 am to 4:30 pm, experience **The Festival of the Moving Body**.

Participants will actively learn to connect the dynamic relationships of movement, performance, creativity, health, recovery and well-being through interaction with the best experts from around the country.

Throughout The Charles B. Wang Center, participants will encounter interactive art installations, more than 30 workshops and seminars, performances, and films. Attendees will be encouraged to actively participate in all aspects of the Festival (or you may choose to observe, participation is up to you).



## Festival of the Moving Body: Schedule

### **Schedule for Workshops, Panels, Lectures, and Dance and Somatics Workshop Saturday, March 17, 2012**

\*This schedule is subject to change. Please check the schedule before you attend the event for any last minute updates.

#### **Lectures and Panels: Lecture Hall 1**

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|-------------------|---|
| 10 am to 10:45 am | Body of Knowledge: Physical Teaching, Learning and Intelligence for the 21st Century<br><i>Presenters: Noah Riskin, Mia Keinanen</i>  |
| 11 am to 11:45 am | Drummers as Movement Experts: Coordination, Control and Cognition in Musical Performance<br><i>Presenter: Richard Ashley</i>  |
| 12 pm to 12:45 pm | Health of Mind, Body and Spirit: Chinese Perspectives<br><i>Presenter: Jingduan Yang, MD</i>  |
| 1 pm to 1:45 pm   | Nerves, Fascia, and CSF—Somatic and NeuroMotor Approaches in Medicine<br><i>Presenters: Martha Eddy, Ronald Lavine, D.C., Sue DeLanerolle, MD</i>   |
| 2 pm to 2:45 pm   | Motion: The Engine of Creative Thinking, Acting and Being<br><i>Presenters: Phyllis Lamhut with Panel—Robert Small, Lynn Levine Rico, Natasha Simon, Peter Kyle, Marcia Wardell Kelly and Elizabeth Higgins</i> |
| 3 pm to 4 pm      | Wakefulness: Troubling the Past, Interrogating the Present and Imaging the Future<br><i>Presenter: Joan D. Frosch</i>   |

#### **Lectures and Panels: Lecture Hall 2**

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|-------------------|---|
| 10 am to 10:45 am | The Healing Power of the Moving Body: A Clinical Report |
|-------------------|---|

*Presenters: Wenyi Wang, MD and Louie Russo*

- 11 am to 11:45 am Cartwheels and the Art of Moving: Physical Therapy, Feldenkrais, Somatic Dance Perspectives  
*Presenters: Sue Ann Sisto, William DeTurk, Lisa Marie Johnson, Carol Montgomery, Bonnie McGlynn DeLuca and Corinne Cappelletti*
- 12 pm to 12:45 pm Putting Movement Into Your Life: A Beyond Fitness Primer  
*Presenter: Maxine Sheets-Johnstone*
- 1 pm to 1:45 pm Proto-Aesthetic: The Earliest Dance, and a Layer of Artistic Movement in Children  
*Presenter: Jo Fredericksen*
- 2 pm to 2:45 pm Disability and Culture/Bodies of Difference I  
*Presenters: Petra Koppers, Devva Kasnitz, Michael Dorn and Aimee Meredith Cox*
- 3 pm to 4 pm Disability and Culture/Bodies of Difference II  
*Presenters: Heidi Latsky, Theresa Tiso, Park McArthur, Akemi Nishida and Pamela Block*

### **Workshops: Chapel**

- 10 am to 10:45 am Moving in Resonance with All Life: An Introduction to the Somatic Process of Continuum Movement  
*Presenter: Robin Becker*
- 11 am to 11:45 am Spiral Praxis: Modern Flow Techniques for BodyMind  
*Presenters: Yuji Oka and Stephanie Gottlob*
- 12 pm to 12:45 pm Moving Water: An Embodied Approach to Environmental Activism  
*Presenter: Cynthia Stevens*
- 1 pm to 1:45 pm Klein Technique  
*Presenter: Susan Klein*
- 2 pm to 2:45 pm *Skinner Releasing Technique: Connections to Eastern Philosophy*  
*Presenter: Julie Ludwick*
- 3 pm to 4 pm Healing Through Movement  
*Presenters: Nalini Prakash and Aarthi Muthkumaran*
- 4:10 to 4:30 pm A Moving Farewell: Open to All Participants  
*Presenter: Martha Eddy*

### **Workshops: Room 101**

- 10 am to 10:45 am Perfect Your Posture with Kohnstamm's Phenomenon: Theory and Practice  
*Presenter: Doug Bolston*
- 11 am to 11:45 am From the Hip: Initiating Movement in Martial Arts  
*Presenter: William Trevino*
- 12 pm to 12:45 pm The Art of Nise da Silveira's Occupational Therapy  
*Presenter: Jose Otavio Pompeu e Silva*
- 1 pm to 1:45 pm Body Mind Development: The Integrated Self  
*Presenter: Will Holloway*

3 pm to 4 pm      Dance and the Human Body: A Dialogue Between Science and Art  
*Presenter: Marta Simoes Peres*

#### **Workshops: Room 102**

10 am to 10:45 am      Connective Tissue and Movement: Using Bartenieff Fundamentals and Hands-On to Assess and Promote Movement in Our Fascia  
*Presenter: John Chanik*

11 am to 11:45 am      A Body of Inspiration  
*Presenter: Anne Burnidge*

12 pm to 12:45 pm      Pheonix: The Feldenkrais Method  
*Presenter: Anastasi Siotas*

1 pm to 1:45 pm      Coming Home to Wisdom Body  
*Presenter: Elisa Controneo*

2 pm to 2:45 pm      Body Chatter: What Does Your Body Want You to Know?  
*Presenter: Shuling Wu*

3 pm to 4 pm      Fusion Reaction  
*Presenters: Kyla Barkin and Aaron Selissen*

#### **Workshops: Room 104**

10 am to 10:45 am      The Future of Physical Therapy  
*Presenter: Carol A. Montgomery*

11 am to 11:45 am      The Dance of Psychotherapy: Moving Through the Magic Circle  
*Presenter: Nancy Koprak*

12 pm to 12:45 pm      How Neurodevelopmental Movement Patterns Shape Rhythmic Structures in Music  
*Presenter: Andy Warshaw*

1 pm to 1:45 pm      Dance for PD® (Parkinson's Disease)/Mark Morris Dance Group  
*Presenter: Rachel Balaban*

2 pm to 2:45 pm      Composition and Creativity: Reactions to the Present Time  
*Presenter: Selma Trevino*

3 pm to 4 pm      Voice and Movement Workshop  
*Presenters: Janis Brenner and Luz Rivas*

#### **Workshops Room 301**

10 am to 10:45 am      Radical Departures: Movement and Experiential Practice  
*Presenter: Bonnie McGlynn DeLuca*

11 am to 11:45 am      Body of Thought: Dancing the Multi-Layered Nature of the Lived Experience  
*Presenter: Adesola Akinleye*

12 pm to 12:45 pm      Inside Out/Outside In: Discovering Freedom Through Movement  
*Presenter: Erin Dudley*

- 1 pm to 1:45 pm      Revolutionary Movement: Exploring the Evolution of Dance of the Orixas, and Their Presence in Modern Afoxe, Brazil  
*Presenter: Joya Powell*
- 2 pm to 2:45 pm      A Way of Thinking: The Alexander Technique  
*Presenter: Riquel Cavalcanti*
- 3 pm to 4:30 pm      Butoh — Dance Space Project  
*Presenter: Tetsuro Fukuhara*

## Public Festival Workshops and Lectures

**Saturday March 17, 2012 - Charles B Wang Center**

(In alphabetical order by title)



Photo credit: Dan Woulfin

### **A Body of Inspiration**

*Anne Burnidge*

This workshop will explore human anatomy as a source for movement invention and generation. Through imagery, improvisation, and sensory exploration, participants will tune in to the structure and processes of their own bodies, bringing awareness to new movement possibilities and supporting deep physical expression. Participants will also cultivate creative associations resulting from these explorations, including feeling tones, textures, and metaphors.

11 am to 11:45 am, Wang 103

### **A Way of Thinking: The Alexander Technique as a Tool for Dance-Making**

*Raquel Pires Cavalcanti*

Recent developments in the study of movement have focused on empowering dancers and valuing the dancers' experiences over the imposition of rigid ways of moving. Alexander Technique, which looks at the way we carry our intentions, can facilitate this shift from outer appearance to the inner lived sensation of moving. This simple, practical method improves ease/freedom of movement, balance, support, coordination, and enhances students' understanding of their moving bodies. Working alone, with partners, and in groups, participants will both observe their habitual tensions and ways of moving, and also connect to an inner sense of balanced, natural, effective movement. This workshop will include movement, observation, and in-depth discussion.

2 pm to 2:45 pm, Wang 301

### **The Art of Nise Da Silveira's Occupational Therapy**

*Jose Otavio Pompeu e Silva*

The workshop explores the work of Nise da Silveira, a psychiatrist who pioneered the study of expressive and artistic activities in the lives of people with mental illness. In doing so, Silveira created her own unique branch of occupational therapy, and a study of her work contributes to the intersection of visual arts and occupational therapy. We will use movement, a power point presentation, film clips, and discussion to explore the heritage of da Silveira's work, opening a dialogue between the fields of art and health services for people with mental suffering.

12 pm to 12:45 pm, Wang 101

### **Body Chatter: What Does Your Body Want You To Know?**

*Shuling Wu*

This introductory workshop will guide participants to developing a dialogue between the body and the mind. We will learn about body-mind connections and we will also explore a body scan meditation. Participants will begin to listen to sensations felt within the body and they experience day to day life.

2 pm to 2:45 pm, Wang 103

### **Body Mind Development: The Integrated Self**

*Will Holloway*

This workshop will address our perceptual differences between the body and mind, revealing why/how we often categorize and experience these entities separately. Participants will learn techniques to promote mind-body unification (an "integrated self"). This new awareness will allow participants a deeper understanding of the self in relationship with others.

1 pm to 1:45 pm, Wang 101

### **Body of Knowledge: Physical Teaching, Learning And Intelligence In The 21st Century**

*Mia Keinanen and Noah Riskin*

For all of our recent technological advances, the smooth, sleek lines and processing power of our cherished devices, the very core of our experience as human beings remains at that of physical beings in a physical world. The real substance of our everyday existence--how we are born, live, and die—still takes place in terms of the body, or that which inextricably ties us to the beauty, mystery and meaning of the world around us. More, current and emerging science suggests it is our bodily interactions in the world that form the basis of language, thought and cognitive intelligence or what we call mind. It's striking, then, that for all of our intellectual curiosity and pursuits, the body is present as an object of study but goes all but unrecognized as an important dimension of our experience and intelligence.

10 am to 10:45 am, Lecture Hall 1

### **Body of Thought: Dancing the Multi-Layered Nature of the Lived Experience: A workshop Exploring a Collaborative Movement and Collaborative Meaning Making**

*Adesola Akinleye*

This workshop was created from exploration into how moving together and witnessing dance in each other links each of us to an innate language of dance that appears to be informed by and confirms us as embodied beings. Collaborative movement choreographs with the movement narratives we create as we move alone and together, exploring the interchange between sensation, environment and reflective action. There is a particular focus in the workshop on how dance is a language in its own right (rather than a translation of words).

The workshop will involve facilitated improvisation and shared collaborative creation of movement within the space as well as reflective discussion (possibly including how dance language can be used as part of somatic research, and how dance resonates within frameworks of American Classical Philosophy).



11 am to 11:45 am, Wang 301

### **Coming Home to the Wisdom Body**

*Elisa Cotroneo*

Somatic movement awareness practice as a doorway to embodying soul consciousness and emanating it into the world. Through traditional and contemporary movement and breathing practices we will access the life force that flows

within us and connect to our emerging essential Selves.

1 pm to 1:45 pm, Wang 103

### **Composition and Creativity: Reactions to the Present Time**

*Selma Trevino*

This workshop will consist of an Introduction to the Etienne Decroux Corporeal Mime Technique as a means to express thoughts and create movement text. Each session includes a technique class, movement research, and improvisations. Emphasis will be placed on the development of the performers' scenic presence, precision, and drama in the body. We will work with techniques such as change of planes and levels, opposition, fixed point focus, precarious balance, dynamic immobility, and torsion.

2 pm to 2:45 pm, Wang 104

### **Connective Tissue, Hands-On, and Movement: Using Bartenieff Fundamentals And Hands-On to Assess and Promote Movement in Our Fascia**

*John Chanik*

This workshop will teach participants to assess fascial patterns, and use movement patterning to promote change and healing. Working within the tradition of Bartenieff, Laban Movement Analysis, and Connective Tissue Massage, participants will partner up to explore simple spatial patterns, observe potential fascial restrictions, incorporate new movements, and assess for change. We will learn simple movement patterns and use touch to facilitate an understanding of movement.

10 am to 10:45 am, Wang 103

### **Dance and The Human Body: A Dialogue Between Science and Arts**

*Marta Simoes Peres*

In this workshop, we will learn about: how to protect one's self and one's students from injury during movement, dance as a therapeutic approach, increased range of expression possibilities through Laban approach, space and the skeletal/muscular systems, time and the nervous system. These experiences can be applied to biomedical disciplines as well as dance.

3 pm to 4:00 pm, Wang 101

### **The Dance of Psychotherapy: Moving Through the Magic Circle**

*Timothy Harling with Nancy Koprak*

This workshop will introduce participants to Dance/Movement Therapy (D/MT) through exercises, theory, and improvisation. Dancers, students, educators, and therapists will benefit greatly from this overview of D/MT. Participants will come away with a working knowledge of D/MT principles, and how D/MT is utilized with different populations and in diverse settings.

11 am to 11:45 am, Wang 104

### **Dance For PD (Parkinson's Disease)/Mark Morris Dance Group**

*Rachel Balaban*

Dance for PD® offers dance classes for people with Parkinson's disease in Brooklyn, New York and, through our network of partners and associates, in more than 75 other communities around the world. In Dance for PD® classes, participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. An on-going collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group, the

Dance for PD® program also provides teacher training and nurtures relationships among other organizations so that classes based on our model are widely available.

1 pm to 1:45 pm, Wang 104

### **Dance/Movement Therapy From The Inside Outā**

*Johanna Climenko*

In this workshop, Dance/Movement Therapy (d/mt) will be the vehicle to explore how we use ourselves in our work--be it clinical or creative--and tend to ourselves in our lives. We will work on honing our internal and external perception. We will explore the non-duality of going inside to attend to the outside, and how tending to ourselves and working with our own process is a vehicle to meeting others empathically. This workshop is suitable for clinicians and students in d/mt and related professions, as well as those working with comparable realms in creative process and self-exploration. Particular emphasis will be placed on self-renewal and replenishment, as well as the applications of d/mt as a medium for choreographic exploration.

2 pm to 2:45 pm, Wang 101

### **Dance Space Project: Butoh Workshop and Site-Performance**

*Tetsuro Fukuhara*

Description to come.

3 pm to 4:00 pm, Wang 301

### **Disability Culture/Bodies of Difference I**

*Pamela Block, Akemi Nishida, Theresa Tiso, Petra Kupperts, Aimee Meredith Cox, Michael Dorn, Heidi Latsky, Park McArthur*

We seek to be inclusive of all bodies that do not meet normal standards due to physical differences such as disability, gender, race, ethnicity, sexuality, age, weight, and body type. "Disability Culture" has been used in a wide variety of ways in the past several decades and is linked to international development of disability studies as it relates to art, performance, and esthetics but also to the growth of disability communities, disability pride and disability rights activism. In this round table we will share and discuss our varied approaches to "disability culture" and "bodies of difference" from our different perspectives .

2 pm to 2:45 pm, Lecture Hall 2

### **Disability Culture/Bodies of Difference II**

*Pamela Block, Akemi Nishida, Theresa Tiso, Petra Kupperts, Aimee Meredith Cox, Michael Dorn, Heidi Latsky, Park McArthur*

We seek to be inclusive of all bodies that do not meet normal standards due to physical differences such as disability, gender, race, ethnicity, sexuality, age, weight, and body type. "Disability Culture" has been used in a wide variety of ways in the past several decades and is linked to international development of disability studies as it relates to art, performance, and esthetics but also to the growth of disability communities, disability pride and disability rights activism. In this round table we will share and discuss our varied approaches to "disability culture" and "bodies of difference" from our different perspectives .

3 pm to 4:00 pm, Lecture Hall 1

### **Drummers as Movement Experts: Coordination, Control, and Cognition in Musical Performance**

*Richard Ashley*

Musical performance places extraordinary demands on the human body's abilities, and drumming is an exceptionally challenging example of musical skill. Expert drummers deploy all their limbs—both hands and both feet—in swiftly-changing, complex patterns, synchronizing their actions and effects to a precision unheard of in most other human

activities. This talk presents some of the findings from a large, ongoing project on expert drumming in jazz, soul, and funk. We see drumming as emerging from the possibilities and constraints of the human motor and cognitive systems, and relate drumming to dynamical systems models of human movement. Finally, we consider how these bodily factors influence and interact with both the geometry of the drumset and musical structure.

11 am to 11:45 am, Lecture Hall 1

### **Fusion Reaction**

*Kyla Barkin and Aaron Selissen*

This workshop takes the student through an abbreviated class progressing from the inside out. The body and mind are enlivened and connected by using both internal and external forces while attention is placed on center, expansiveness, opposition, grounding, and movement quality. Principles from ballet, modern dance, improvisation, yoga, and various martial arts techniques are combined to experiment with actions and reactions within a shifting environment. Playing with intention, impulse and initiation, we explore how they may cause and affect weight transfer and how to maintain clarity and focus through a series of exercises for strength, endurance, coordination, agility, functionality, range of motion, and healthy systems.

3 pm to 4:00 pm, Wang 103

### **The Future of Physical Therapy: Treating the Pattern or The Symptom**

*Carol A. Montgomery*

This workshop demonstrates how an effective clinician can understand the integral connectedness of movement, function, and health as they inform bipedal walking; this understanding of systems can be used to bring increased efficacy in the treatment and relief of pain. By learning to detect movement patterns within function, physical therapists can lead and shape the evolution of caring and health professions.

10 am to 10:45 am, Wang 104

### **From The Hip: Initiating Movement In Martial Arts**

*William Trevino*

This lecture/demonstration will introduce movement scholars to the function of the hips in the traditional Korean martial art of Soo Bahk Do Moo Duk Kwan. The presenter—a 4th degree black belt certified as a master instructor by the Korean Soo Bahk Do Association—will demonstrate several techniques throughout the lecture. He will specifically examine how movements in Soo Bahk Do are initiated by the hips and coordinated with the rest of the body in order to maximize speed and power.

11 am to 11:45 am, Wang 101

### **The Healing Power of Moving Body: A Clinical Case Report**

*Wenyi Wang, MD, and Zhiyuan Wang, MD*

The effects of Falun Gong practice on the diagnosed disease of Amyotrophic lateral sclerosis (ALS).

10 am to 10:45 am, Lecture Hall 2

### **Health of Mind, Body and Spirit: Chinese Perspectives**

*Jingduan Yang, Tao Institute of Body/Mind Medicine*

Ancient Chinese civilization and medicine has a unique view and understanding of human life. The integration of mind, body and spirit with nature determined the lifestyle, arts, music, and healthcare of Chinese people throughout their history. In this presentation, Yang will describe some of the healing arts from traditional Chinese medicine.

12 pm to 12:45 pm, Lecture Hall 1

## **How Neurodevelopmental Movement Patterns Shape Rhythmic Structures in Music**

*Andy Warshaw*

This workshop will give an overview of Warshaw's work on Locomotion-Encoded Musical Movements (LEMMS). LEMMS provide a means for dancers and musicians to hear expressions in music of what Bonnie Bainbridge Cohen has termed Basic Neurological Patterns. Analysts such as Laban, Bartenieff, and Temple Fay explored these essential "hard-wired" human movement inclinations under slightly different terminologies; in current use they are often referred to as neurodevelopment movement patterns. Warshaw's work suggests that a small group of these patterns, specifically those having to do with locomotion, play a role in establishing important aspects of rhythmic relationships, especially in percussion music. With movement improvisation and audio/visual examples, the workshop will address the role of LEMMS in clarifying hierarchical levels of rhythmic activity, underlying polyrhythmic performance capabilities, and advancing aurally logical sequences of rhythmic development and modulation.

12 pm to 12:45 pm, Wang 104

## **Inside Out/Outside In: Discovering Freedom Through Movement**

*Erin Dudley*

Based in Butoh and Yoga, this workshop will teach participants to release mental stress and physical tension with a synthesis of uncomplicated techniques from both disciplines. We will utilize Yoga techniques and imagination exercises using movement and vocalization based in Butoh dance. Some yoga and movement experience is suggested, although no experience with dance or Butoh is necessary.

12 pm to 12:45 pm, Wang 301

## **Klein Technique**

*Susan Klein*

Participants will be introduced to the Klein Technique, which involves working/moving through the level of the bone, the deepest densest tissue in the body that conducts the most energy. In Klein Technique, the body's structure is moved through coordination of all its parts. We will explore movement joint to joint, relying on the balance of the muscles working to move the bones, not to hold them.

1 pm to 1:45 pm, Chapel

## **Motion is the Engine of Creative Thinking, Acting and Being**

*Phyllis Lamhut and the Nikolais Legacy Group*

20th century choreographer Alwin Nikolais developed theories and practices of dance as pure motion that inspire imaginative, creative and innovative platforms of research into physical sensory awareness. This sentient awareness of gesture forms the qualitative foundation of the creative process. In an effort to expand the scope of contemporary inquiry into the very nature of creativity, and believing that motion is the engine of thinking, acting and being, Nikolais' theories, in the time/space continuum of our time, can contribute to the advancement of dialogues among dance, other arts, sciences and education. Film excerpts of Nikolais work on DVD, followed by a panel from the Nikolais Legacy Group.

2 pm to 2:45 pm, Lecture Hall 1

## **Moving In Resonance With All Life: An Introduction to the Somatic Process of Continuum Movement**

*Robin Becker*

Continuum Movement (often referred to as "Moving Medicine") is a practice of healing and body exploration, founded in 1967 by Emilie Conrad. This practice explores the properties and movement of water as it shapes life both within the body and the larger world. Continuum Movement offers a dynamic and creative approach to self-awareness and healing, and has impacted the fields of dance, physical therapy, psychology spinal cord injury, brain research, aging, fitness, and the creative process.

2 pm to 2:45 pm, Chapel

### **Moving Water: An Embodied Approach To Environmental Activism**

*Cynthia Stevens*

This workshop considers the interrelationship of the body, community, and environment. Through movement activities and performance viewing, participants will experience a micro-macro approach using dance, somatics, and ecology to foster a visceral sense of place. We will also consider how this work is built upon the foundation laid by Steve Paxton in improvisation, and by the forces of nature including bodies of water and animals.

12 pm to 12:45 pm, Chapel

### **Nerves, Fascia, and CSF - Somatic and NeuroMotor Approaches in Medicine**

*Martha Eddy and Susan Miliani*

Engage with integrative medical professionals who use somatic movement within the fields of medicine and education. Learn how body awareness, neuro-motor constructs and the movement of neural, fascial and dural tissue informs daily professional practice. Bring your questions about health, performance, pain management, and the nitty gritty of daily work.

1 pm to 1:45 pm, Lecture Hall 1

### **Perfect Your Posture With Kohnstamm's Phenomenon: Theory and Practice**

*Doug Boltson*

Learn to employ Kohnstamm's Phenomenon to elicit naturally buoyant, effortlessly aligned extension and equilibrium. Part lecture/part demo and part experiential workshop, this fun and practical presentation gives you the tools to access your unconscious postural system and create a more functional relationship with gravity.

10 am to 10:45 am, Wang 101

### **Phoenix: The Feldenkrais Method**

*Anastasi Siotas*

This workshop will study one classic Awareness Through Movement (ATM) lesson by Feldenkrais, commonly referred to as "Dead Bird." This lesson explores the difference between opposed and coordinated action, such as learning how your eye movements coordinate with your neck, and with the body as a whole. This will be considered within the larger context of how awareness of connected movement within your body can reverse faulty movement patterns, and bring increased healing/range of motion.

12 pm to 12:45 pm, Wang 103

### **The Power of Healing Through Movement**

*Nalini Prakash and Aarthi Muthkumaran*

This workshop/presentation shares the inspiring experiences a young artist, Aarthi Muthukumaran, who suffered a massive stroke in December 2005. Her story demonstrates the therapeutic qualities of dance/movement, and the innate healing powers of the classical Indian art forms (especially Bharatanatyam). In 2009, Bharatanatyam dancer/teacher began her work with Aarthi, using the central principle of Dance/Movement Therapy: the therapist must meet an individual where he/she is most comfortable and capable, and work from strengths rather than weaknesses. This practice of D/MT and Bharatanatyam brought Aarthi healing, increasing her confidence and enabling her to perform before an audience of loved ones and supporters a mere 6 years after her stroke. Together, Aarthi and Nalini demonstrate dance and movement as a holistic approach in rehabilitation, and the power of healing.

3 pm to 4:00 pm, Chapel

### **Proto-Aesthetic Movement: The Earliest Dance, and a Layer of Artistic Movement in Children**

*Jo Gjertson Frederiksen*

Why do very young children dance, or even just move? The exploration of this primal and intrinsic type of aesthetic

movement, which is always part of us, appears to be the material process that artists seek to unearth and embody. We will revisit this earliest style of movement, and how it can be incorporated into dance as art.

1 pm to 1:45 pm, Lecture Hall 2

### **Putting Movement Into Your Life: A Beyond Fitness Primer**

*Maxine Sheets-Johnstone*

*Putting Movement into Your Life: A Beyond Fitness Primer* is an e-book that is engagingly written with two-page foldouts per chapter that offer slow food for thought on a diversity of topics related to the immediate topic in the text. The book is definitely NOT an exercise book or a self-help book, but a book about movement that breaks new ground in lively and creative ways while remaining anchored in everyday life. Everyday life is replete with movement — getting up, sitting down, pushing a grocery cart, brushing your teeth, washing dishes, running to greet a friend. The list is seemingly endless. So also are the possibilities for feeling alive. Surprising yourself in your habits can be enlivening and making a habit of surprising yourself can be a creative adventure, even as you are changing the sheets on the bed, waiting in line at the check-out counter — or even a member of an audience at a Festival.

12 pm to 12:45 pm, Lecture Hall 2

### **Radical Departures**

*Bonnie McGlynn DeLuca*

Movement as physical, sensual, thought-form, and experiential practice. Through movement, touch, elements of contact improvisation, and partnering exercises, we'll sink into the symbiotic realities of weight and momentum, time and space, humanity and habitat, evolution and chaos. Class begins with a continuous warm-up grounded in somatic theories of form and function, relationship and space, support and movement. Using dance, yoga, pedestrian walking, and other "real-life" experiences of movement, we'll deepen our awareness of internal and external space. A sense of rhythm, of space, of place emerges as we move through connective relationships of chaos and stillness, form and function, habitat and humanity.

Workshop participants will understand their bodies' movement as a valuable sensory experience and understand the importance of finding space within and using the space around them to support this experience. Workshop participants will leave with new embodiment tools/methods to deal with compression, habits, and injury in the body. Guided self-touch and partnering sequences will be part of each participant's experience. Participants will be asked to come in comfortable, layered, clothing. Yoga mats, props, creature comforts are welcome. All abilities are welcome.

10 am to 10:45 am, Wang 301

### **Releasing Tension: Views From Physical Therapy, Embodied Anatomy, Feldenkrais and Bones For Life**

*William DeTurk and Sue Ann Sisto*

Description to come.

11 am to 11:45 am, Lecture Hall 2

### **Revolutionary Movement: Exploring the Evolution of the Dances of the Orixas, and Their Presence in Modern Afoxe, Brazil.**

*Joya Powell*

This workshop will explore the basic movement phrases of the Dances of the Orixas (dances of the deities within the Candomble religion), and their evolution into the modern dances of the Afoxe. Participants will gain a kinetic understanding of the derivation of these movement techniques, and the sociopolitical context, which necessitates the use of these dances as a healing force within Afro-Brazilian society. The workshop will include a warm-up, across-the-floor exercises, short movement phrases, and improvisation.

1 pm to 1:45 pm, Wang 301

### **Skinner Releasing Technique: Connection To Eastern Philosophy**

*Julie Ludwick*

This workshop is an introduction to the exercises of Skinner Releasing Technique, and a brief overview of the history behind its development. Participants will explore/discuss their experiences in class through the lens of Eastern Thought, including: meditation, physical awareness, emphasis on PROCESS rather than PRODUCT, and the use of imagery in discovering new ways of moving.

10 am to 10:45 am, Chapel

### **Spiral Praxis: Modern Flow Techniques For Bodymind**

*Yuji Oka and Stephanie Gottlob*

Spiral Praxis is a cutting-edge, contemporary bodymind system that accelerates the process of bringing conscious learning into the unconscious mind. Originally developed as a method for modern dance training, Spiral Praxis explores the dynamics of oscillatory spiral forms to bring people to higher states of free flow. The universal nature of its reflex learning techniques allows Spiral Praxis to span a broad mix of interdisciplinary fields of study including meditation, yoga, athletics, psychology, dance, art & philosophy and injury rehabilitation.

In this workshop, founders Stephanie Gottlob and Yuji Oka will explain the practice and philosophy of Spiral Praxis and its unique power to spur recovery, health, personal growth and creativity. By elucidating the fundamental concepts of spiral flow, learning reflexes, internal flow patterning, fractal bodymind hierarchy and more, they will demonstrate how people can use Spiral Praxis to alter their experience and perceptions within a diverse range of human activities.

11 am to 11:45 am, Chapel

### **Voice and Movement**

*Janice Brenner*

This workshop is an interdisciplinary offering to increase one's range of expression, locate the voice within the body, and delve into an holistic approach to performance. Freeing the voice liberates the moving body and expands its vocabulary. A physical and vocal warm-up begin the sessions, creating a great sense of community and unified purpose from which we can move into interdisciplinary explorations together. Experiments in physical, vocal and character transformation as soloists and as a group allow us to both explore deeply and "play" together.

3 pm to 4:00 pm, Wang 104

### **Wakefulness: Troubling the Past, Interrogating the Present, and Imagining the Future**

*Joan D. Frosch*

The invocation of wakefulness is a call to refresh our lenses. It is an invitation "not to follow socially scripted and to open up to the unknown" (Agamben Savigliano 2009). In other words, it is to attend closely to self, other and environment(s), so that one may recognize the moment of time and space one is in and contribute to some (perhaps, unanticipated) forward motion. Wakefulness is a reflection on listening, learning, and responding to what is outside of us as well as to the changing tone of our inner lives. As we become aware of shifts or even ruptures—of ideas, research products, disciplines otherwise fixed, "proven" if you will — wakefulness bypasses the temptation to close in on definitive answers. Wakefulness renders answers into questions and provocations to action, to movement.

3 pm to 4:00 pm, Lecture Hall 1

# Festival of the Moving Body Film Series

**Saturday, March 17, 2012 at the Charles B. Wang Center Theater**

**Anna Brady Nuse, Curator**

In Partnership with Dance Films Association, The Charles B. Wang Center and The Center for Dance, Movement and Somatic Learning

**Festival Fee:** \$15 online registration, \$20 at the door

**Program I: Dance and Healing: 10 AM - 12 NOON**

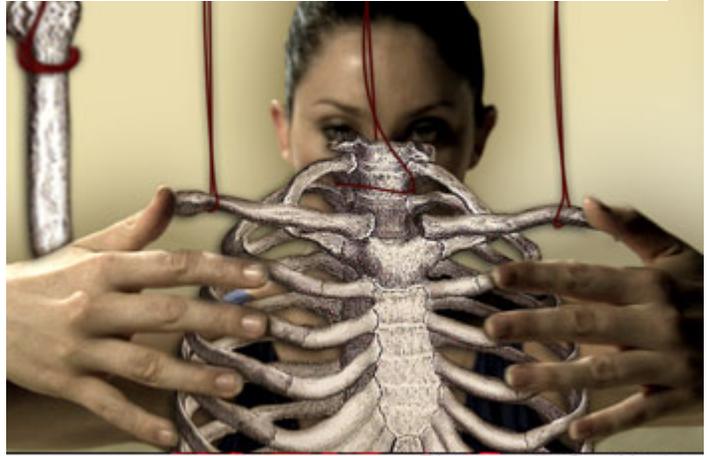


Photo credit: Sue Healey

**Grounded (Pt 1)**

**Director: Jen Edwards, Choreographer: Sydney Skybetter, Dancers: Kristen Arnold, Jennifer Jones, Gary Schaufeld, Composer: Mikael Karlsson, Camera: Caleb Custer**

**2:00**

The first section of an artistically rendered series of self help/instructional videos that give helpful advice on how to relax through body awareness. In Part 1 dancers navigate the busy city and show how to let go of tension beginning with the head.

**Ajar**

**Director: John Bush, Choreographer: Nadine Helstroffer**

**8:15**

A poetic portrayal of the stages of grief, this film ventures to stay open in the face of loss and the mystery of death. Set in a tranquil garden, the imagery of cherry blossoms intimate at the beauty and impermanence of life.

**Sanctuary**

**Director: Kingsley Irons**

**5:00**

In the throes of a broken heart a young girl appeals to Ochun, a river saint of the Cuban Santeria religion and the goddess of love, to wash away her sadness and rejuvenate her soul.



**For Water**

**Director & Choreographer: Natalie Metzger, Dancers: Lisa Long, Anne Moore, Dewi Nurnaeny, Cherise Richards, Helda Yossiana, Composer: Robert Allaire**

**7:10**

A collaboration between dancers from Indonesia and America, *For Water* is inspired by the importance of water to the islands of Indonesia and to water-starved California. The film follows a pilgrimage of five spirits to a sacred place to perform their ritual for water.

## **Breath Made Visible**

**Director: Ruedi Gerber**

**82:00 (2009)**

*Breath Made Visible* is the first feature length film about the life and career of Anna Halprin, the American dance pioneer who has helped redefine our notion of modern art with her belief in dance's power to teach, heal, and transform at all ages of life. The film includes archival footage from her important early experimental work to her courageous battle with cancer that led her to find an entirely new approach to teaching and making art.

## **Program 2: Scientific Inquiry into the Moving Body (1 – 2:30 PM)**

### **Lecture Demonstration by Curator Anna Brady Nuse**

#### **Deborah Hay, Not As Deborah Hay**

**Director: Ellen Bromberg**

**29:00 (2011)**

*Deborah Hay, Not As Deborah Hay* is a documentary on the iconoclastic choreographer, Deborah Hay and her practice of posing questions through dance. Hay's lines of inquiry explore everything from her cellular body to quantum physics, and the film reveals the boundless inspiration she derives from paradox.

#### **One Flat Thing, reproduced**

**Director: Thierry de Mey, Choreography: William Forsythe, Dancers: The Forsythe Company, Composer: Thom Willems, Production Company: MK2TV, Coproduction Company: Arte France**

**22:00 (2007)**

Oscillating between disorder and symmetry, *One Flat Thing, reproduced* starts with an outburst: twenty tables are thrown on stage. They become the surface and the horizon of all the action. The great film director Thierry de Mey extends and reinvents William Forsythe's choreography to create a totally original cinematic work.

#### **Synchronous Objects**

**Produced by The Forsythe Company, Advanced Computing Center for the Arts and Design, and Department of Dance at The Ohio State University. Creative Directors: William Forsythe, Maria Palazzi, Norah Zuniga Shaw**

**20:00 (2009)**

Shown here are selected videos from the acclaimed interactive web project, *Synchronous Objects* for *One Flat Thing, reproduced*, a collaboration between The Forsythe Company, based in Germany, and researchers at The Ohio State University from design, dance, computer science, geography, statistics and architecture who work together at OSU's Advanced Computing Center for the Arts and Design (ACCAD). From dance to data objects, *Synchronous Objects* reveals the interlocking systems of organization in the choreography of William Forsythe's *One Flat Thing, reproduced* (2000). Those systems were qualified through the collection of data and transformed into series of objects - synchronous objects – that work to explore those choreographic structures, reveal their patterns, and reimagine what else they might look like. To see the full project go to: <http://synchronousobjects.osu.edu>

Selections:

*Introduction to Synchronous Objects*

*Seeing Movement Material (Explanatory Video)*

*Alignment Explanatory Video*

*Alignment Annotation 1*

*Seeing Cues (Explanatory Video)*

*Cue Annotation 3*

*Statistical Counterpoint (Explanatory Video)*

*MovementDensity (Explanatory Video)*

*FurnitureSystem (Explanatory Video)*

**Moving to Architecture (3:00 PM – 4:30 PM)**

**Discussion Following, lead by Curator Anna Brady Nuse**

**Rapture**

**Director & Choreographer: Noemie LaFrance, Dancers: Heather Hammond, Corey Harrower, Gary Lai, Jeffrey Lyon, Chelsea O'Brian, Kevin O'Connor, Composer: Janek Schaefer, Camera: Carlos Veron.**

**6:00 (2008)**

*Rapture* is a short film celebrating the architecture of Frank Gehry in movement. Dancers defying gravity and scale rush up and down the hills of a metallic desert against the sky's backdrop. Set atop the undulating rooftops of the Frank Gehry-designed Fisher Center, *Rapture* features six dancers retained by ropes performing on the outside surface of the building, superimposing their bodies to the architecture in a sensual and dynamic choreography evoking the epic setting.



**Little Ease (Outside the Box)**

**Director: Matt Tarr, Choreographer: Elizabeth Streb, Dancer: Ami Ipapo**

**7:00 (2009)**

Based on Elizabeth Streb's original iconic solo in a box, *Little Ease* is reimagined for the Brooklyn landscape.

**My Playground**

**Director: Kaspar Astrup Schöder**

**50:00 (2010)**

Mainly set in Copenhagen the film follows Team JiYo (Parkour) as they explore the city and encounter the obstacles it presents. Award winning architect Bjarke Ingels, founder of BIG Architects, is fascinated by the way Team JiYo convey architecture and takes the team to his buildings, to explore and unfold their skills, that may be just as groundbreaking as the architecture itself. The film travels around the world from Denmark to Japan, United States, United Kingdom, and China to explore where the urban mobility is heading.

# Art Installations and Site Performances

The Charles B. Wang Center will be filled with visual art installations and artistic performances throughout the day.

## **Performances in the Lobbies of Wang Center**

THE FRAMERS: Moving the Altered State of Sound

**Artists: Corinne Cappelletti , Laura Bartczak, Hilary Melcher Chapman, Richard Garett**

**Friday, Summit: Sky light Lobby, 12:45 pm**

**Saturday Public Festival: Sky Light Lobby, 2:45 pm**

*The Framers move the altered state of sound. By using psychoacoustics, sonic spatialization, sensory reception, the memory of the quality of touch and choreographic structures, they transform the architectural experience of space. Alive in the tones, timbers, vibrations created by sound artist, they shift with precision from stillness into delicately injured bodies. The Frames propose Sound as process, Sound as material and Sound as mood. Alert in performance as practice, they exist where the ground becomes the wall and sound becomes the hand.*



Mirror Eyes

**Veronica Pena**

**Friday Summit: Theatre Lobby, Wang Center, 9:30am**

**Saturday Public Festival: Theatre Lobby, Wang Center, 9:45 am**

*“Mirror Eyes” is an interactive public performance that creates shared moments amongst strangers. Dressed in a costume that involves the performer’s body within a skin of crochet patterns, the performers adopt poses forming sculptural groupings. The poses, which are thought to reflect ideal, questionable, inadmissible, and accepted social behaviors, explore notions of togetherness. The audience is invited to join the sculptural groupings by mimicking the poses..*

Letter (to Ed)

**Tzveta Kassabova**

**Saturday, Public Festival, Theatre Lobby 12:45 pm**

Letter to Ed explores change, anger, understanding and sorrow, related to the absence of a close friend. It is a piece about recovery, reflection and healing.

Exhibition of Ballroom Dance

**Sue de Lanerolle, MD and Andrew Phillips**

**Friday Summit, Theatre Lobby 2:30 pm**

**Saturday Public Festival, Theatre Lobby, 11:45am**

Space Dance Project

**Tetsuro Fukuhara**

**Saturday, Public Festival: Theatre Lobby, 1:45pm**

The Space Dance project combines “Dance + Architecture + Information + Design” in a multi-disciplinary collaboration with dancers, artists, scientists, technicians, and researchers.

## **ART INSTALLATIONS**

LaTasha Dancing, 2012

*1.5-minute digital animation*

**Stephanie Dinkins**

**Friday Summit and Public Festival, Theater Lobby, ongoing**

*LaTasha Dancing is a gesture toward (re)claiming the Venus of Willendorf, one of the earliest and most recognizable images of the body made by humankind. It is an excavation of ancient memory and movement, reaching for identity through time, place and culture.*

The Body of Knowledge

**Noah Riskin and Mia Keinanen**

**Friday Summit and Public Festival Pagoda and Large Alcove in Lobby, ongoing**

*The real substance of our everyday existence--how we are born, live, and die—still takes place in terms of the body, or that which inextricably ties us to the beauty, mystery and meaning of the world around us. More, current and emerging science suggests it is our bodily interactions in the world that form the basis of language, thought and cognitive intelligence or what we call mind. It's striking, then, that for all of our intellectual curiosity and pursuits, the body is present as an object of study but goes all but unrecognized as an important dimension of our experience and intelligence.*

## Kinetic Petals

**Timothy Vallier**

**Friday Summit and Saturday Public Festival, Alcove near Zodiac Lobby, ongoing**

Kinetic Petals is part of a series involving the cyclical transformation of physical objects into data, the result of which is used to recreate the object in various sound and visual media states. This piece calls upon hundreds of samples from a fixed-audio state of a scanned object, and blends them together to form a new visual and aural state of the object controlled by a live performer.

## Wind and Unwind, Cover and Uncover

**Marcia Widenor**

**Friday Summit and Saturday Public Festival, Small alcoves near Sky Light Lobby, ongoing**

This explores mood, movement and emotional connection between participants who use large pieces of hand knitted fabrics and nets as both costume and scenery. This is an unrehearsed, collaborative work with a small group that uses the fabrics to interact, observe and communicate with each other without dialogue.

## Meditative Moving Body

**McNamara, Mark**

**Friday Summit and Saturday Public Festival, Sky Light Lobby, Wang Center**

## **Film Loop Installations**

Catch this continuous loop between workshops in Room 103. Featuring the works of:

Jennifer Edwards: *Grounded 1- 6*

Grounded is a series of short films designed for anyone who feels the strain of an over-stimulated mind and body. Grounded combines self-care tools with dancery content to guide viewers through relaxation exercises while heightening their awareness of their physical selves. Beautifully danced and filmed in both open spaces and private studios of New York City, these pieces of usable art calm the body, mind and heart.

Kingsley Irons: *Imaginary Friends*

Two ghosts play in the ruins, trapped between worlds.

Courtney Krantz: *Films from the Body, Sheet*

Each of Krantz's three films/videos addresses the female body as a conduit of movement from the interior to the exterior. The artist is exploring the concept of "emergent elements from the female body that evaporate with time" within the context of a mobile, ephemeral body while also exploring formal investigations of movement in relation to the grammar of cinematic montage.

Natalie Metzger: *Surgeon General's Warning*

Ann Moradian and Nannette Bertschy: *Down Up*

Down Up is a visual poem querying perception from the tactile realm to the metaphysical.

Beth Portnoy: *Written*

Portnoy strives to create a seamless blend of dance, music, and theatricality; an organic sense of performance as an all-encompassing entity. Using stop motion technology fused with live motion footage, she creates choreography that is not always physically possible; to manipulate props/scenery/costumes to uncover motion where it could not naturally exist.

Ruthy Alon: *6 Lessons in Movement Intelligence*

Six brief lessons in Movement Intelligence filmed by Israeli Public Television. They are taught by Ruthy Alon, one of Moshe Feldenkrais' earliest students. She has contributed worldwide to his Method.

## Dance and Somatics Workshops

We are excited about students and professionals joining us as participants at the **Festival of the Moving Body on March 17, 2012**. The festival will have renown international, national and regional presenters (artists, dancers, bodymind practitioners, scientists, physical therapists, occupational therapists, disability scholars, medical doctors, performers), and promises to be an inspiring event for many people. Stony Brook University has subsidized the festival in order to keep the festival costs at only \$15. for the whole day for those who pre-register. (And only \$20. for an "at the door" price). It is one of the best deals on Long Island for March 17th!!

We are inviting all interested dancers and dance teachers (ages 15 and older) from the region to join us for some extraordinary dance and somatics workshops. Registration to the Dance and Somatics Workshops will be on a first-come, first-served basis. Registration will be confirmed once we receive your \$15 payment. The registration form for these workshops state. If you are interested in learning more about the presenters, please click onto the "bios" for the Festival.

Your admission to the Dance and Somatics Workshops will also give you entry to the Charles B Wang Center and other events that are part of the festival. This includes our exciting Festival of the Moving Body Film Series, curated by Anna Brady Nuse from Dance Films Association (which runs the internationally renown Dance on Camera Series at Lincoln Center), various workshops, lectures and panel discussions, site-specific performances and installations ([please see the festival schedule](#)).

To register for the Dance and Somatics Workshops, please see the schedule below to review the classes offered. [Download the registration form for "Dance and Somatics Workshop"](#) and list first, second and third choices for your workshop. Only one Dance and Somatics Workshop is permitted per participant; and the workshops will be filled on a first-come, first served basis. You will be scheduled once we receive your payment and registration form.

Please print your registration form and mail it in with your check to the address listed on the form. The workshops will fill quickly, so be sure to send your registration in as soon as possible. The registration closes on March 8, 2012.

We look forward to seeing you at the **Festival of the Moving Body!**

## **Dance and Somatics Workshop - SCHEDULE**

### **South Campus, Nassau Hall 114 and 104**

**NOTE:** Participants in the Dance/Somatic Workshops must preregister by contacting the Center for Dance, Movement and Somatic Learning at (631) 632-7392.

#### **Nassau Hall 104**

11:10 am to 12:30 pm Workshop A: Contemporary African Dance  
*Presenter: Lacina Coulibaly*

12:40pm to 2:00 pm Workshop B: NAMA-RUPA: Form and Content in the Dancer's Moving Body  
*Presenter: Rajyashree Ramesh*

#### **Nassau Hall 114**

11:10 am to 12:30 pm Workshop C: Ground Core: Somatic Practice and Hip Hop  
*Presenter: Xavier Raphael*

12:40 pm to 2:00 pm Workshop D: The Ballet Barre: A Framework for Movement Repatterning  
*Presenter: Jean-Marie Martz*

2:20 pm to 3:40 pm Workshop E: African Dance and Drums  
*Presenter: Maguette Camara*

#### **Workshop Descriptions:**

##### **The Ballet Barre: A Framework for Movement Repatterning**

*Jean-Marie Martz*

This workshop will present possibilities for motor pattern improvement that basic ballet exercises performed at the barre can facilitate. After addressing faulty patterns commonly encountered in the execution of ballet exercises such as plies, battements, and ronds de jambe, the presentation will propose a more efficient and economical approach to those basic movements. We will perform simple combinations devised, in terms of timing, weight-bearing changes and spatial organization, so as to foster an awareness of functional whole-body alignment in movement and repose.

Fine-tuning the kinetic patterns underlying barre exercises is facilitated by the fact that the student is holding onto a stationary piece of equipment. The progression from two-handed to one-handed support allows the student to integrate the information coming from the movement combination's kinesthetic logic and, when needed, from the teacher's manual guidance.

In times when there is much crossover between dance idioms, the movement efficiency principles presented in this ballet-based workshop are also applicable to other dance techniques besides ballet. Barre exercises can be a unique vehicle for exploring the subtleties the dancing human body is capable of in terms of movement initiation and execution. Workshop attendees are invited to participate physically in the exercises.

##### **Contemporary African Dance Workshop**

*Lacina Coulibaly*

Description to come.

##### **Ground-Core, The Somatic Dance Practice**

Raphael Xavier

After temporary paralysis due to a spine injury/infection, Raphael Xavier began to approach breakdancing much more cautiously and smarter than before. He wanted to create a movement that could heal and strengthen at the same time, so the longevity of a dancing body could be sustained. His presentation/workshop will teach participants of any

age a new approach to the everyday typical movements; to think smarter moving. For professional dancers he will teach about form as a new tool. We will develop new movement techniques to take to performance, all in order to keep the spirit and choreography fresh for the artist and to the audience.

Xavier's goals for the presentation/workshop is teach how to re-think and explore the limitations of boundaries. Boundaries and walls/obstacles are not limits at all, but the key to help us as individuals, push through the limits in life. Xavier is looking to expand his horizons and give the audience/participant a new perspective of more freedom to create with limits; and using limits to our advantage. Artistically and creatively he will demonstrate the meaning of a truly free moving body by presenting work that he has created as a dancer and painter, using the tools of Ground-core. The physicality, power and male bravado within the art form of Breaking becomes a tranquil thing of beauty as the form has become personal and powerful therapy as a maturing Hip Hop dancer.

### **Nama-Rupa: Form And Content In The Dancer's Moving Body**

*Rajyashree Ramesh*

The moving body of the dancer creates forms. Dance at the same time uses movement selectively when instilling meaning by associating form with content. An analysis of the outer shaping and expressivity as seen in Indian dance traditions, demonstrates the forms created by the body as being expressions of inner connectivity patterns, imagery and/or emotional states of being. The performance workshop will therefore focus on form and the process of form-giving for content. The notion of space and emotion in Indian dance will be explored based on current research on gestures, emotions, and movement. The aim is to experience how the body integrates the mind to become both the "core" and "tool" to experiential embodied knowledge and well-being.

### **West African Dance and Drum**

*Maguette Camara*

In West Africa, dance is part of daily life. It is used to mark occasions such as a birth, death, harvest, wedding, etc. It is also used to unite the community in time of crisis. West African dance is not as much a strict technique as it is movement coming from the spirit and the rhythm of the drumming and the energy of the people.

Some African dance steps are taken directly from daily activities such as planting or hunting. Most, however, are an expression of joy or release of the spirit. Dancing is done by communicating with a drummer to creative positive energy. In African dance the name of the dance is the same as the name of the rhythm played by the drums. The individual steps that make up the dance do not have names. In this case, we are going to be learning various West African dances such as Sikko, Socco, Kuku, Mandiany, Farakorroba, Sunu, Soli, Lamba, Manodjo, Diambadong, Doundounba, Kaolask, Thieboudjeune, Niarry-gorong, Wolossodong, Bamdiana and Mbaliya.