

Rehearsal #4

January 8th, 2018

Different Level of Intimacy

I'm so intrigued by how the dinner we had last night really helped us to connect with the dancers. Now, when watching their rehearsal, they no longer seem like random people but actually people I know and engaged with. Even though I'm not close to them, I feel a different atmosphere in the room.

As a result, when I see them dancing now, I have a completely different vision. Before, I used to see them as objectified moving bodies. Now, I see them as humans. This reminds me of the importance of treating an individual as a whole, as people are and represent a series of multitudes.

New Element

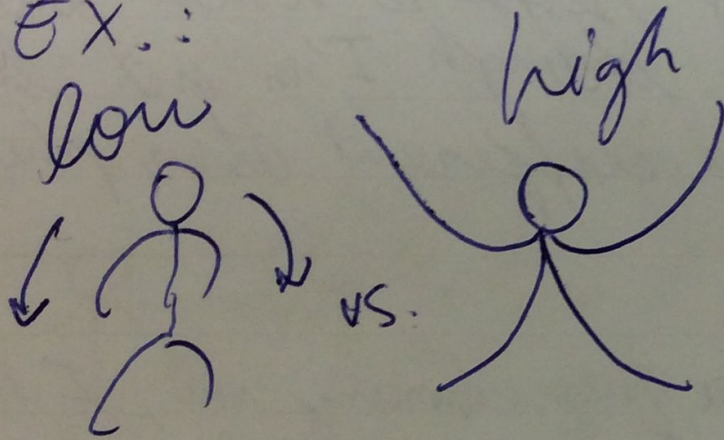
I have also noticed that there's a new ~~element~~ individual on the stage who has stood out because she/he was not

present in previous rehearsals.
It's interesting how the addition of a new element to the space changes my view of the space.

Sufi Movements

Aakash explained that Sufi movements are constituted by masses of varying energies (high vs. low energy).

EX.:



I could observe that their moves were varying significantly when they were dancing Sufi, with some of their movements ~~are~~ expansive, while other moves compressible (reducible).

Waves

I really enjoy seeing the dancers doing waves because it reminds me of concepts in physics, such as the duality principle.

Playing Together

At different instances, I have realized that the dancers often just play with each other. They use dance as a ~~stage~~ platform to simply have fun and enjoy each other (~~besides~~ going beyond the idea of meaning behind movement?)