

Receptor

"…listening, attention that is not only of the mind, but also of the heart."
— Jacob Needleman

What happens when we become more available to what we receive?

Our bodies are continually sensing: the space around us, the movement of others, sensations within us, images, thoughts and returning emotions. In Receptor, we begin with simple practices of listening and movement. We prepare to notice what arrives without needing to grasp or immediately understand it: a soft recognition of "here it comes", followed by the possibility of letting it move through.

As movers, how do we layer experience? In long, continuous dances, one sensation, image or encounter gives way to another, yet something remains: a trace, an imprint, a change in how we receive what comes next. These layers gather, overlap and reshape one another.

We might imagine an hourglass: its upper and lower chambers, and the narrow opening through which each grain must pass. Our attention rests at this middle point—the precious moment of the in-between, where something is arriving and has yet to be let go.

Part of developing our potential as dancers may be learning to inhabit this passage: receiving each moment, sensing how it touches what is already there, and allowing it to move through. Here, our experience of time may open and deepen, as we become available to the many layers of a single moment.

The day will involve touch practices, drawing, movement, writing, speaking and listening. We will move between these forms, translating our experiences through different lenses and mediums: from writing to drawing, from drawing to moving, from moving to speaking and listening. Each translation brings something new into view, allowing the layers of our experience to become richer as they meet and inform one another.

The work is to refresh our curiosity: to stay available, to be touched by what comes, and to let each moment pass through as we make space for the next.