Technologies of LOVE
Using the neuroscience of love as a template for movement.

Love is moving. There is no place to arrive to. There is no script for love.

As movement artists, we have the potential to be our own private neuroscientist and look at the neuroscience of love as a template for movement. In general, we are looking at relationship and how we function with another. Loving is different than being in love. Loving is mutuality, attunement and modulation. Loving derives from prolonged contact and exposure of each body and person.

We will look at 7 areas of relationship: **Exchange, Negotiation, Resonance, Synchronicity, Awareness, Modulation and Attunement.**

As workshop participants, we aim to increase our awareness of perceptions and build a group that has a higher potential for collaboration and connection by attuning our instinct and natural preferences. Through heightened sensitivity and by following bodily stages, we can use love/attraction/comfort as a practice and a performance tool.

How we approach LOVE as a laboratory. Each participant's definition, experience and questions of love will be used as information. We will use the proximity and sensory awareness to explore the steps the human brain and body go through when they learn love. Using improvisation, partnering, contact and individual work, we will investigate and discuss what our bodies already know. Additionally, we will look at how the concept of love is understood in poetry and song by physical movements. Our bodies understand love as an action.

Other areas to be investigated: Buddhist aspects of love | Social aspects | Community | Empathy | Personal needs | Sexuality | Music & Song | & the service and sacrificing for others.

The workshop is for advanced movement artists who are interested in going on a short research lab journey, where as a group we explore, define, test and experiment with the concept of love, starting from a physical, neuroscientific standpoint. Bring memories, pictures, poems, songs and texts that move you and can contribute to the lab.

Love could be called "the dissolution of the obsession of one's self."