



Dasniya Sommer Yoga & Shibari Workshop

Lismore: April 5th – April 7th 2013

What is Yoga & Shibari?

The workshop combines principles of Yoga with the tying technique Nawa Shibari. This Japanese term is usually translated as winding, knotting or binding a rope. It refers to the classical Japanese practice to tie up a person and was originally developed by Samurai's in the 16th century. Today it is a technique to play physically, to perform or to experiment with the body and restriction. The styles in Shibari are noticeably versatile, yet one can say that there are basic figures to use ropes effectively.

A crucial aspect of this is the combination of functionality with aesthetic rules. There are particular shapes and angles to tie rope, which create a certain look and a sense of solid limitation at the same time. This is comparable to a moment of embracement, which supports the body and enables the tied person to relax into the ropes. In this sense the material can be understood as an extension of arms. A firm hug.

Then there is the Kinbaku side in Shibari which is more concerned with the biochemical or psychological effects. In Japanese tradition they speak of capturing a person's heart, to connect to the partner's spirit or to touch them soulfully. This experience of fragile intensity can happen in both directions. The tying person and the person being tied can direct the scene from their individual angle. The notion of power shifts within the constellations and is often not as straightforward as it appears from the outside.

To guide the mind in an enjoyable way and to bring it back on the ground is a matter of sensitive touch with ropes and care. To shape the figure from inside is an equally minimal and a seductive task. Beside the serious and almost orthodox way of Shibari technique there is an utterly playful and animal like experience in 'play'

Dasniya's site: <http://dasnyasommer.de/>

Video of performance works: <http://dasnyasommer.de/#ma-15-idiosyncrasy-sin-x-ly-fx-video>

Please explore her site for more images (Bilder) and videos (Tanz Dokumentiert).



Dasniya Sommer Biography

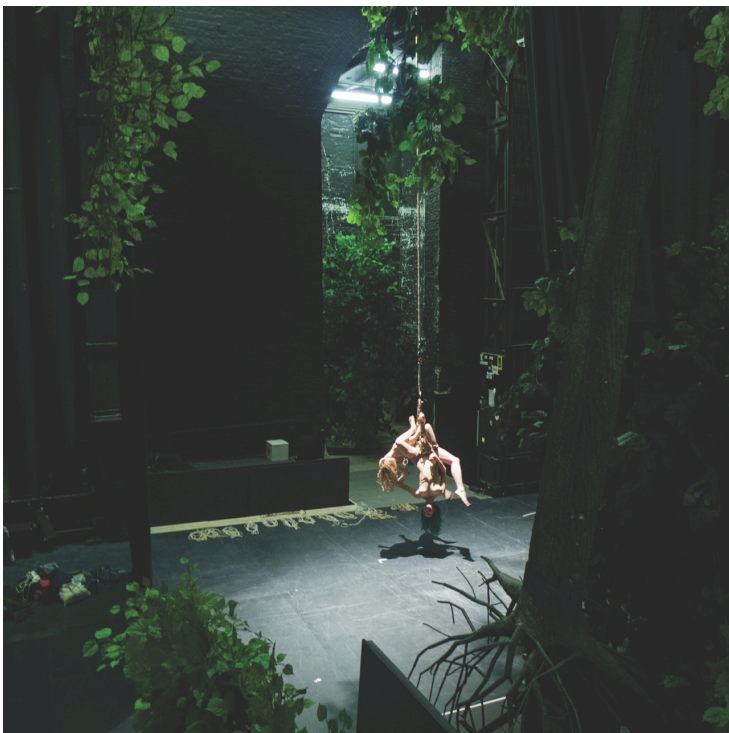
The present focus of her choreography and performance is Shibari, (Japanese rope bondage), which she has studied with practitioners Osada Steve, Chanta Rose, Arisue Go, Kinoko, and Matthias Grimme. She teaches workshops combining this with yoga in Berlin and across Europe.

Her work gained wider recognition in contemporary dance through her solo performance “MA√15{ idiosyncrasy } || $\sin x = ly - fx^2$,” using ballet, meditation, and self- suspension techniques, presented by Tanztage Berlin 2009, and Arte.

Invited by the Finish theatre group Todellisuuden Tutkimuskeskus, The Museum of Contemporary Art “Kiasma” presented a participatory rope installation as part of the “Theatre Now” Festival in Helsinki in 2010. In 2012 Dasniya continued this collaboration staging “Archetypical Encounter” at Reality Research/Performance Center, Helsinki.

In 2010 she performed “BurkaBondage” with the Helena Waldmann Company in India/Sri Lanka. In 2011 she was part of the artistic team in Roméo Castellucci’s staging of the opera, “Parsifal” at La Monnaie | De Munt in Brussels. In 2012, she was co-director, choreographer and performer in “Der Geschichte vom Soldaten” in Vorarlberger Landestheater, and taught Yoga & Shibari at ImPulsTanz, Vienna.

Dasniya’s research is strongly influenced by her philosophical studies in the fields aesthetic and analytical feminism, which she undertakes as guest at the Humboldt University of Berlin. She reflects on questions of body concepts and ethics in her stage work as well as her teaching. She has worked and collaborated with Berlin choreographer Frances d’Ath since 2009.



Workshop Information

Workshop:

Beginning on the evening of Friday April 5th and going through to Sunday April 7th, Dasniya will work with participants on a number of areas, these are to be confirmed, depending on the skills level and interest areas of participants:

- Yoga + Shibari
- Self/Suspension
- Basic knot technique and harnesses for beginners
- Bondage in nature/outdoor suspension

There will be a field trip on Sunday to work in the outdoors. Be prepared to get wet/muddy

Dates & Times:

- Friday 5th April, 6-11pm
- Saturday 6th, 12-8pm
- Sunday 7th, 12-8pm

Cost:

\$200 for the entire workshop.

\$140 for 2 days

Non-refundable \$100 deposit required to secure your place

Workshop cost includes Performance Night (which you will participate in if you wish) which includes local performers, artists and musicians.

PLEASE CONTACT ME TO DISCUSS FEE IF YOU ARE STRUGGLING.

Venue:

Tyre Factory

Wardell Rd & Taylor St

South Lismore

NSW 2480

Google Map: <http://goo.gl/maps/cTg5t>

Detailed directions will be sent to all participants

Contact:

02 66882339 or 0435925245 (call or SMS)

Accommodation:

If you are coming from outside of the region, please contact me to discuss accommodation options, which may include camping, billeting or commercial options.

To Bring (if You Have Any Of These Things):

- yoga mat, blankets, yoga block
- rope if you have it (hemp or other)
- climbing carabiners
- suspension rings
- packed lunch/food to share etc.
- loose clothes (also some working on bare skin if you are comfortable)

Registration:

Please find the registration form here: <http://bucketmedia.net/dasniyasommer2013.html>

