

Miriam Jakob, Jana Unmüßig with Lisa Densem:

Breathing With_0

With "Breathing With_0" Miriam Jakob, Jana Unmüßig with Lisa Densem invite participants of all backgrounds and abilities to collectively ponder on the performative and choreographic potential of breathing as a physical and discursive subject. We aim at sharing and activating differently structured ways of knowledge production (sensuous, intellectual, practical, intimate, etc.). Having expanded on these concerns in the digital realm so far, the two hour workshop will allow the first manifestation in a physical space.

Activating different modalities of attention through practicing reading/listening/moving/breathing practices we are interested in questions such as: How to create a space that can hold and share different activities and modalities of knowing, understanding and sensing simultaneously? How does breathing inform reading-listening-being-with-one-and-another?

Different references will be touched upon (Magdalena Górska, Marion Rosen, Ilse Middendorf, Lynn Margulis) so that a horizontally laid out choreographic thought (space) emerges.

Credits:

Concept:
Miriam Jakob and Jana Unmüßig

Facilitation:
Lisa Densem, Miriam Jakob
and Jana Unmüßig

Sound:
Felix Claßen

Supported by Berlin Artistic
Research Grant Programme/gkfd
The Senate Department for
Culture and Europe



20 September, 18:00- 20:00

Registration at montag.modus@gmail.com

In English and German

Please bring a blanket, warm clothes
and a pen.

BIO:

Lisa Densem is a New Zealand born dancer, choreographer and breath practitioner who has been working in Berlin for over 20 years. She is known for her work with the Berlin choreographers Sasha Waltz, Laurent Chetouane, Hanna Hegenscheidt, Jana Unmüßig and Sergiu Matis amongst others. Her own work and teaching has for many years been centered on the connection, presence, and well-being of the dancing body – research that brought her to the breathwork BreathExperience (based on the work of Ilse Middendorf) and, eventually, to her becoming a breath practitioner in 2019. Since graduating, she has been experimenting with merging her two practices, dance performance and breathwork, researching how breath can open new perspectives within a dance context. Lisa is a graduate of the MA Soda programme at the Hochschulübergreifendes Zentrum Tanz Berlin (HZT Berlin).

@lisadensem

Jana Unmüßig is a Helsinki-based artist, artist-researcher with a background in choreography. From 2008-2015, her stage choreographies have been presented at Hebbel am Ufer Berlin, Kampangel Hamburg, Impulstanz Wien, Sprindance Utrecht, Zodiak-Center for New Dance among others. Since 2015 her artistic practice has been published in hybrid forms of e.g. paintings, lectures, collaborative performances (with e.g. Tina Jonsbu) and articles. She encountered the Middendorf breathwork in 2003 and has practiced it on and off since then. Through the fellowship at the Artistic Research Program Berlin where Jana inquired into breathing in collaboration with Miriam Jakob, she had the opportunity to encounter the bodywork of Marion Rosen. Jana did theater studies at the Sorbonne-Paris, followed by professional dance training at SEAD. She received a masters in choreography from the HZT and holds a Doctor of Arts from the Theater Academy of the University of the Arts Finland.

more info: www.jana-unmussig.com

In her individual and group works, choreographer **Miriam Jakob** explores the interfaces between science and fiction. As a performer, dancer and choreographer, she has collaborated with other artists, including Felix Claßen, deufert&plischke, Zeina Hanna, Ana Laura Lozza, Maija Karhunen, Nir Vidan, Varinia Canto Vila, Angela Schanelec, Lisa Densem and lately in her performative installation The Broken Promise with sound artist and composer Signe Lidén and Camilla Vatne-Barratt Due. Since 2020/2021 she is a fellow of the Artistic Research Program Berlin together with Jana Unmüßig in which they inquire into breathing as a collaborative process. During this research she started the bodywork of Marion Rosen and perceptible breath work by Ilse Middendorf. Miriam Jakob studied anthropology in Munich, Buenos Aires and in Berlin, dance and choreography at the Hochschulübergreifendes Zentrum Tanz Berlin (HZT Berlin) and received a Master of Arts from DAS Choreography at the Theaterhochschule Amsterdam.

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