

MOVEMENT MENU: Adventure, rejuvenation, education, and play

CONSCIOUS



SUMMER 2010 ISSUE #11

movement for a better world

DANCER

Bliss Mix

Yummy jams with
improv bands

Body Art

Adornment with spirit

SPECIAL ISSUE

TRAVEL VISION BOARD

Let your imagination roam

PLUS

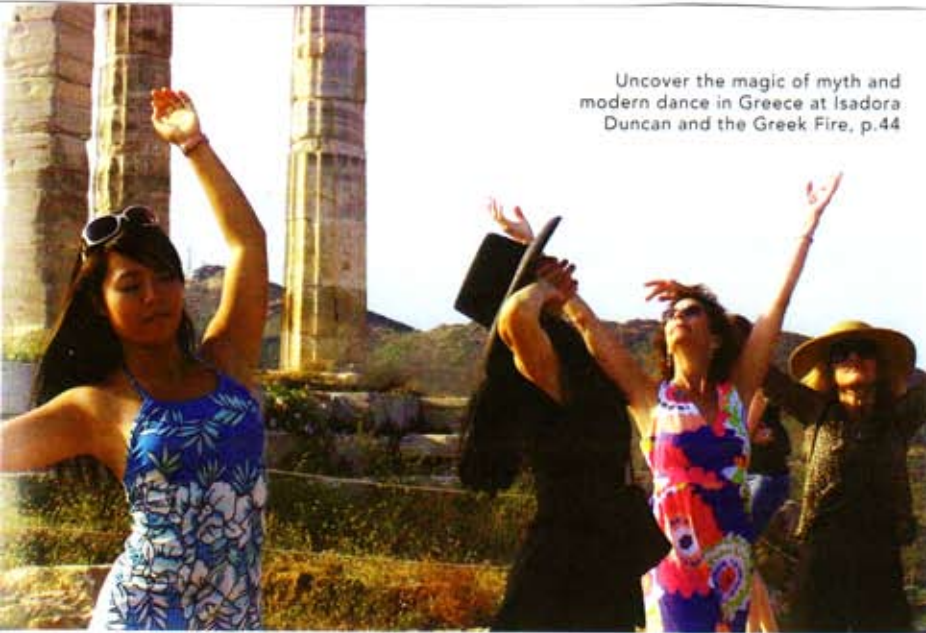
Thirst quenchers
Rockin' footwear
Entraining the brain

Amy Logan

Through journeys of myth, movement, and metaphor, we "consciously reenact a sacred presence in the world," says Jeanne Bresciani, artistic director of the Isadora Duncan International Institute. Bresciani's Sacred Topographies bring travelers to places like Greece, Italy, Egypt, and Hawaii for explorations that delve deep into personal and collective energy.

On a recent journey, my fellow dance-travelers and I used sensory exploration, movement, and dance to mine the ancient myths for their eternal treasure and honor ancient ritual. At the same time, we created in the present, expressing personal, symbolic meanings at the sites from which myth had evolved. The process was profound, emotional, and transformative.

Each journey revolves around a mythic theme: In Tuscany, for example, we regenerated the capacity for delight of the archetypal body and soul in celebrating the Cerealia, the Italian counterpart of the Eleusinian Mysteries. We learned about the myths, and expressed them through movement in nature, amidst ruins, and on stage. Bresciani conceives of ceremonies and festivities—like the one to Persephone and Demeter on the Rocca di Cerere in Sicily, or the Bath of Aphrodite Festival with local women in Greece. In turn, participants enjoy fulfilling Isadora's wish for all people by "becoming living works of art."



Uncover the magic of myth and modern dance in Greece at Isadora Duncan and the Greek Fire, p.44

Isadora Duncan and the Greek Fire AUG 23–27 • Athens, Greece

Work and play like a dance archeologist in Greece. Study technique, myth, and choreography, and perform at Isadora's original school in Athens. Research archetypal motifs at the Acropolis, Agora, and museums. Link embodiment with ensoulment motivations. Reweave the cultural body with the mythopoetic body. OPTIONAL TRAVEL PORTION: AUG 28–SEP 3: Continue the adventure on the accompanying program *Myth, Movement, & Metaphor*: Enjoy intense mythic learning, ritual, and movement visiting the essential temples at Eleusis, Delphi, and Olympia, creation emerging from the ancient repository.

