

## **Embodying Music - Oren Lazovski**

The workshop "Embodying Music" is a result of a personal and artistic journey in the fields of dance and music as means of expression and creation.

My life in art started at my grandparents home in Israel. My grandfather was a hobby musician playing the cello and practicing medicine. As a child he taught me the violin which I did not favour as the harmonica that my grandmother bought me and I was fascinated by the sound.

At the kinder garden I have encountered the accordion and it was my first love. Later on I have passionately studied this unique instrument but with the years strong urge for movement was evoked in me.

Dance was my next discovery and with the age of 12 I took my first dance class.

For some time I have practiced both studies of music and dance though eventually the dance took over and years after I chose it as a profession and passion for life.

Through out my career as a dancer I kept on playing music privately although my hidden wish was to find a way to combine both passions of mine.

In 2010 I went inside the studio with my accordion and started to experiment.

The accordion is harnessed to the body what's make it possible to stand up , walk and literally dance with it. Never the less the instrument has a weight affecting the body posture and create limitations. I was asking myself how could I integrated it into my body and how could I overcome the physical borders of this joint bodies? I have discovered that breathing through and with the instrument help to create a whole new dimension of dance and music.

I have realized that the integration of this foreign bodies also put forth to a stronger connection between the soma and the soul.

The solo "Überich, saudade" was born and I was privileged to perform it at the "Marathon of unexpected" at the Venezia Dance Biennale ,2012.

From then on I have continued to experiment with many different musicians , trying out how this idea of integrating music could function on different musical instruments. The results were astonishing as the musicians I was working with has discovered not only their instrument a new but their own body.

Through out the years I have worked and instructed the Dutch accordionist Marieke Grotenhaus, The Finish pianist Kristjan Martinsson , the Israeli Trombonist Tomer Maschkowski and the Orchestra members of the Deutsche Oper Berlin if to name a few.

The realization that the whole body embodies music through movement with and without a instrument opens a hidden pathway connecting body and mind. Further more technical difficulties resulting of long hour of stiffening practice has been resolved and eased.

I invite you to join me in this Unique Journey into the body and soul of dance and music.

### **Embodying Music - The Workshop**

Movement workshop designed for musicians-preparing to constantly changing world.

“The integrated instrument” is a workshop offering a place and space for musicians to get to know their tools from a new point of view-through their own body.

The main idea is that a musical instrument has a lot more to offer us beside the known functional use of it, as an art object, inviting us to discover hidden images and different ways relating to it physically and emotionally.

The participant will have the chance to expend and explore new horizons, understand and strength his/her intimate connection to his instrument by choice in order to enhance his/her performative presence.

The workshop will be based on movement research tasks, with and without instrument, aiming to develop different skills concerning the art of performance in general and especially for musicians.

As a result one would be better prepared to rapid changing world , where one has to demonstrate different skills and creativity beyond the traditional musician “job”.

### **Embodying Music - Method of work**

The workshop is composed from 3 parts:

1. Introduction to “Embodying music-the integrated instrument” : Experimenting with composition and choreographic tools in order to emphasize the connection between music and dance. The first part will be dedicated to physical warm up, posture , body awareness, mobility and dynamics of movement.

2. The journey begins: a process of estimating and observing will take place. Themes of trust and communication with one own instrument and others in physically and none physically ways would be explored.

3. Into the horizon :Based on the learned tasks and exercises from the previous chapters, Rewriting one own story and expressing it through movement and sound, while encouraging to keep exploring and developing .Giving the space and the time for each participant the chance to use his imagination, skills and tools to create personal way of expressing and being.