

Dear LUTSF,

Here is my covering letter for the report I am submitting.

I received funding from the Lisa Ullmann Traveling Scholarship Fund to attend the 5 day movement residency called The Walk of Life led by Helen Poynor from May 18th to May 22 2015. The Walk of Life in non-stylised and Environmental Movement is combined with a personal movement practice of 1h per week in the studio and 1h per week outdoors.

Completing the movement residency confirmed that my practice is located within a somatic framework, which supports my creativity, spirituality, wellbeing and healing. I believe that I have achieved exploring the purpose of my project and it's given me more insight into the next steps. I'm currently at the beginning of dialoguing with one of Scotland's national reserve to self-fund a movement residency. I am also in dialogue with Glasgow's Centre for Integrative Care to facilitate sessions for the staff. My weekly practice is ongoing strengthened by the discoveries and explorations made in the residency. I have made contact with another movement practitioner in Scotland to develop a practice together.

I don't have any particular highlights in my travels.

My suggestions for future Awardees to ask The Fund to give them the choice to do their own travel booking especially if they are travelling within the UK as they may be able to find cheaper travelling options than going through the travel agents'.

I have shared the writing on my Facebook page and also my website. I have already shared the information with independent Movement Practitioners within Scotland and also England and will be doing so with the Centre for Contemporary Art in Glasgow.

Best wishes,

Satya Dunning

Satya Dunning – Report for Lisa Ullmann Travelling Scholarship Fund

I attended the non-stylised and environmental movement 'Walk of Life' residency led by Helen Poynor, from 18th to 22nd May 2015. In this report, I will talk specifically about the impact of the 'Walk of Life' on my practice and with the groups I work with in Glasgow.

I was able to achieve the following outcomes for my personal practice by attending the 'Walk of Life':

I got to understand what directions and places I wish to explore and consolidate in my practice: one certainly anchored in non-stylistic movement and intimately linked to my cycles, located indoors and out in nature, which allows me to respond to challenges creatively, supports my wellbeing and connects me to something bigger than me. Practically, I can access this place of spirituality, movement, and wellbeing at any time in the day whether at work, triggered and disconnected from the present, thinking too much or outdoor moving or whilst walking through:-

- Multi-dimensional awareness of my body and space using internal processes of awareness and consciousness such as sensing, connecting with the materiality of my body as a unit and as a whole.
- Integrating moving and seeing, as well as tracking awareness of personal, environmental and urban landscapes. How for example, movement in my foot ripples through and interconnects with the rest of me in my body; with the rest of my body whilst I'm moving in space.
- Stability and support through my feet in relation to gravity and the geological layers of the earth.

I was able to consolidate my movement writing and speaking more articulately. I developed a process of moving stimulated by listening to impulses in order to come to a "natural and organic" score of movement, which emerges naturally from the body.

Unexpected outcomes:

Joints and bones are structures to create intentions of clarity and knowing; organs absorb emotions.

How my contemporary dance training impedes a natural flow of movement and being present.

Using touch as a way into experiencing multi-dimensionality and identity.

Finding a balance between vitality and momentum by including my pelvis.

Different systems (blood, bone, joint) have different "vitalities". There is no one vitality above the other.

How The Walk of Life has impacted my work with the public:

I plan to work with people with long term and chronic conditions, women and those who are committed to living an embodied life. I want to provide a creative setting with therapeutic benefits for participants to develop their own practice and reflect on how it can support their own wellbeing and help them respond creatively to personal

challenges. This means offering a programme of movement based as well as body/mind integrated workshops focussed on:

1. Introducing participants to the materiality and the structure of the body by including experiential anatomy study.
2. Using consciousness to bring attention and awareness to the felt experience and sensation of each body unit and body as a whole, in order to bring them away from being in their head or mind, enable them to relate to self and environment in a new way, and be present.
3. Developing ways of sensing, linking each body unit with the rest of the body, releasing joints and tracking movement in order to experience whole body interconnection and free flow of movement.

New skills and experience this population group will have as a result of me attending the 'Walk of Life':

- The capacity to tune in to their own needs at any given moment and develop methods of reconnecting to their body using non-stylistic movement.
- The ability to deal with unpredictable external stress with awareness and choice.
- The capacity to be more present and embodied in their day to day life.

How attending the 'Walk of Life' has impacted the future:

I am in dialogue with Glasgow's Centre for Integrative Care to facilitate sessions for the staff. I'm making links with other arts organisations such as the Centre for Contemporary Arts in Glasgow, which has been donating space for my movement practice and research. I've also begun conversations with a trauma specialist with regard to trauma, and somatic based movement including embryology. I'm currently researching about and writing movement workshops for women at different stages of their cycle to explore multi-dimensionality of self by following the flow of "internal" movement created by menstrual blood. I am currently at the beginning of dialoguing with one of Scotland's national reserve to self-fund a movement residency. In order for me to better understand my role as a practitioner, I'd like to give an informal talk to a peer group of artists such as the Authentic Artists Asylum (AAA) in Scotland.

I thank with much gratitude the Lisa Ullman Travelling Scholarship Fund for supporting me in my journey.

Best wishes,

Satya Dunning