



Final self-portrait, 2012.

Dear Secretary of LUTSF,

Please find enclosed my report for the 2012 summer training programme at Tamalpa Institute, which took place from the 18<sup>th</sup> June to the 28<sup>th</sup> June 2012.

**'Empowering creativity through Movement, Metaphor and Dance'  
Anna and Daria Halprin Summer Programs.  
San Francisco.**

The course exceeded all my expectations and the absolute highlight was meeting and working with Anna Halprin and her extraordinarily talented daughter, Daria Halprin.

An additional highlight was meeting and getting to know the other artists and architects on the course who came from across the globe. I particularly enjoyed getting to know Expressive Movement Artist Lanie Bergin, whom I shared accommodation with. She had just completed the two-year training programme at the Institute and was the apprentice on the course I was undertaking. We formed a wonderful friendship over the course of the training. Through this friendship I was able to get a real insight into the two-year training programme to see if it was an avenue I wanted to pursue in the future, which indeed it is.

Since returning I have begun work as a community practitioner and the most noticeable shift I have seen develop in my practice is my acute sense of self-awareness. My personal movement practice has also shifted since the training, as I feel it is supporting clearer pathways into how I can integrate my life with my art, and my art within my life. This integrated process has stayed with me since the training and has been utilised within many of my roles as a dance practitioner.

I would also like to take this opportunity to thank the Lisa Ullmann Travelling Scholarship Fund committee for the travelling fund. It has truly been an incredible adventure and one that will stay with me for years to come.

Yours Sincerely,

Tara Rutter

**Report on Lisa Ullmann Travelling Scholarship Project**  
**'Empowering creativity through Movement, Metaphor and Dance'**  
**Anna and Daria Halprin Summer Program.**  
**San Francisco, 18th June – 28<sup>th</sup> June, 2012**

Since completing my Masters Degree in 2011 I have had my sights set on working with, and meeting, Anna Halprin. I based my final dissertation on Anna's legacy, particularly in site-based practice and how Anna's work has rippled down into current site practitioners working today. I knew from this academic research I wanted to go to the 'source' of the work and to engage practically with her approaches and methodologies.

As soon as I stepped out onto the dance deck on the first day I felt that everything had fallen into place for me. I felt a sense of arrival, on the deck and within myself, and in that moment I was filled with a sense of gratitude for the opportunity that had been given to me. The deck was breath-taking and all I wanted to do was marvel at the deck in its old, sun burnt scented glory. I sat on the benches that looked out onto the deck, closing my eyes, feeling the warmth of sun on my face and I couldn't help but smile, thinking, "I'm here"!

Daria Halprin came down onto the deck introducing herself and within that first moment I had a felt sense of her 'fullness' and vitality. She possessed a fire and a grittiness that I immediately connected with, and it was clear to me that she was a living, breathing example of the life/art process. Anna then followed Daria on to the deck and also greeted us. I was admittedly unsure of what to expect from a 93 year old, and was pleasantly taken back by her passion and youthful outlook on life and the work. They both introduced the Institute and informed us of the structure of the ten days; with Daria starting us off for four days, Anna then taking us for the next four, and finally ending with Taira Restar, a core faculty member from the Tamalpa institute, leading the last two days.

We began with Daria discussing the life/art process and how she came about discovering it within her own life. I was extremely grateful for Daria's honesty, and I believe it was her ability to be generous with herself that enabled the work to reach out to me. The course had an intensity to it that provided the space for me, and the other participants, to really let go and drop into our 'internal landscape'. Daria held the space beautifully, allowing time for the unfolding to take place and provided clear and useful feedback with the 'I see, I feel, I imagine' reflection format. This format is an aspect of the training, along with many others, that I will be using within my own teaching and making practice. I came to realise quite early on that my body had been asking for this time for quite a few months. I had been ignoring this back home with my busy personal and working life schedule. When I allowed for a release to take place, I felt I was finally 'feeding' myself with the fuel that I was in need of and this, in turn, had a powerful effect on me and my movement.

Daria began by leading us through a number of tasks that looked to our inner and outer awareness's; an approach I have become familiar with through the Walk of Life training. Daria then requested we moved in response to a life/art question, 'What are you walking with in your life at this moment.' After considering this question we shared the movement exploration with someone else in the group. This simple, yet powerful task, for me set the mark for the rest of the workshop. Within this task it occurred to me that Daria was inviting us to not only bring our 'dancing selves' to the deck but our 'whole selves'.

Throughout the course of the next three days Daria guided us through a number of tasks that required us to somatically connect to specific locations of our body, including the spine and ribcage. This entailed movement, spoken, written and drawing explorations. Over the four days with Daria I encountered many 'truths' about myself

that I had not imagined to take place. Through allowing myself to be present in the moment, and to be 'seen' in that present state, my moving took on a new form. What I found most powerful was overcoming the challenge of not only exploring the places that were difficult in my moving and difficult for me personally, but to share this with others. The act of sharing was transformative and unlocked elements in me that I was unaware of. By being given the environment to explore these aspects of myself with others in a creative outlet, I was able to speak, move, write and draw with all of myself as a whole.

After the life-changing experience with Daria, we had a day's rest and came back the following day to the news of Anna falling and injuring her sacrum. We were told that it was unlikely she would be teaching us. As to be expected, we were all extremely upset and in a state of shock. We had a replacement teacher for that day - Audicia Morley (UK), who led us through the planetary dance. This was a powerful experience and was used as an outlet to help with Anna's recovery and our feelings of upset and disappointment.

The following day we were all invited up to Anna's home, as she was using a wheelchair and could not come down to the deck. Anna led us through a number of 'sensesating' tasks that encouraged us to connect to our 'internal selves'. We then had lunch together out on Anna's personal deck and all felt honoured to be a part of such an unforgettable experience.

The structure of the workshop was altered once again as we then had Taira for the two following days. Taira took us through the structure of the RSVP cycle, and supported us in creating our own movement scores. We worked on-site at Point Reyes National seashore. I felt the timing was perfect at this point to be led out away from the deck and studio and into a fresh, wild site. I needed the sense of open space and cold air to come away from the heaviness that was taking place for me back at the Institute. The site opened up my awareness and reminded me of my environmental surroundings. I felt I was getting very caught up in my own internalisation and was forgetting about the incredible country I was in, with the delightful people I was sharing it with. This was also an interesting moment as I found myself playing with the spectrum of internalising and opening out to my surrounding environments. It reflected to me the idea that I can 'play' with these ideas within my movement practice, and also within my everyday life; the notion of choice of how much I wish to give out and how much to savour for myself.

After the refreshing two days with Taira we had news that Anna felt well enough to take the last three days and would be carried down to the deck. The three days with Anna were a continuation from Daria's beginning four days. Anna offered scores that provided avenues into our bodies and gave us questions that integrated our everyday lives into our movement explorations. What was apparent throughout Anna's teaching was her in-depth knowledge of the body and her ability to disseminate that knowledge. We were taken out into the redwoods exploring the natural site that surrounded the dance deck. I felt happy that Anna was able to teach us and found a stunning silence and stillness with the redwoods that emulated my feelings of contentment.

Studying with Anna and Daria Halprin and her colleagues in Tamalpa gave me an insight into different aspects of the Halprin process. Overall the intensive course was an extremely enriching experience and I feel that I have grown in so many directions. The joy of working with Anna and Daria expanded my understanding of the practice. I grew in confidence in terms of improvisation and learnt so much from other group members. And, finally, I really feel ready to explore my own creativity as a practitioner, expanding my dance-making and teaching practice. I came home with an energy and inspiration which I was immediately able to apply to my dancing and I have been able to continue my research on the landscape within my own personal movement practice. I plan to integrate my findings within my workshops as a Breathing Space at Ty Hafan Children's Hospice, at the early years and parent classes I run at The Herbert Art Gallery and within my latest role as Co-Artistic Director within a newly formed arts organisation, Space to Create.

Images from California training



Daria Halprin, 2012.



Anna Halprin, 2012.



Dance deck, 2012.



Tamalpa Studios, 2012.



Point Reyes National Seashore, 2012



Self-portrait, 2012.