

UNFOLD TECHNIQUE

awareness in movement

by Valentina Bordenave

Based on my experience as a dancer and improviser I designed a movement and awareness training program with the Alexander Technique as a springboard pointing to the integral development of the self.

This work began as an energetic movement training for actors. Today, people with various kinds of professional and artistic experience access through this technique richer stages of psycho-physical balance, from the subtlety of an effortless vertical to the revelation of a powerful collective celebration of movement.



More energy and alertness are available as we let go of habits and belief systems which hold us back. By listening delicately with our bodies, a profound and sustainable transformation can be glimpsed.

As we experience our warm, elastic muscles as responsive scaffolding, as we perceive life through our whole body, pulsating with flowing energy, we begin to discover how immensely more gifted we are than we ever imagined.

UNFOLD Technique retrieves natural posture and freedom of movement. It opens a window to the space between stimulus and reaction, offering new possibilities to express ourselves physically, mentally and emotionally, since these levels are intimately linked.

Optimal results are obtained with the combination of individual and group sessions.

The process

Each class is a tapestry of different approaches to the work. The combination of all of them is the particularity of the technique. As in a good culinary recipe, the right proportion and interaction of the ingredients enables the high quality of the experience.

- TERRA: Space and calm in the body
- MOBILE: Organization and collaboration between body parts while moving
- LUDENS: Mind-body coordination
- INEXPECTATUS: Improvisation, being awake in the present moment
- NOMINE: Talking about the experience

TERRA

It's the practice of self-encounter and allowing transformation instead of self-adjustment.

It is about taking the time, receiving the support of the ground, to learn about the habits of the body, discovering and observing in the calm where we pull, close, hold or collapse and finding ways to bring our very efficient musculoskeletal system back into balance.



The ALEXANDER TECHNIQUE provides excellent tools to address this process: a delicious psychophysical dialogue with our often unquestioned and interfered support and movement systems.

We can experience more freedom of choice in our thinking and actions from a better-balanced self.

MOBILE

With all the senses equally awake, with our body alert and available, we access enjoyable MOVEMENT EXPLORATIONS and easy SEQUENCES designed to understand, restore or refine the collaboration between different parts of the body.

Simple movements as well as sophisticated, meaningful or banal ones are transformed when done with heightened awareness. It ground your body, give you lightness, free your

joints, coordinate your muscles and let your mind rest by being fully there, listening to the symphony of your movements!

No matter how much and what kind of experience with movement you bring, the field of exploration is unlimited. We train to move and relate without losing the feeling of being.

LUDENS

Time to play with rhythm and coordination!



Through simple to more complex COORDINATION sequences we challenge the bodymind as a whole, awake, efficient, elastic, interconnected and with a smile.

We research both:

- the strategy of multiple tasks where an intense level of physicality and awareness helps to overcome habits
- and the extreme reduction of possibilities in the task to explore in depth the fine-tuned coordination and to stimulate the imagination.

By committing with a physical task we are required to adapt and connect information in unknown ways. The focus is not on doing the sequence correctly but on how we organise and perceive ourselves as we go through that proposal.

INEXPECTATUS

...means „unpredictable“. As we IMPROVISE dancing in a group we receive, process and propose in a continuous stream of feedback, respecting the uncertainty, engaging and responding to a state of vulnerability, allowing a transformative experience. We also access collective consciousness and we are confronted with questions like: What role am I playing? Do I wait to be guided? Can I connect with the people around without being the center of everything? Do I try to control? How are we working together?

Being actively attentive, calm and vigilant we redefine our relationship with lightness, gravity, space, time, form, movement, imagination and spontaneity. A sense of completeness is accessible when we experience deep interconnection with all these aspects. From this state, the “game” can begin, inviting creativity from the full potential of the person as a whole, including unconscious processes and intuition.



„We are not doing the dancing. We are allowing it to happen, and so the music dances us.“
Nadia Kevan

NOMINE

When we articulate physical experiences INTO WORDS, different areas of the brain are activated and interlinked. By sharing our reflexions and feelings about the work we clear up old psychophysical misunderstandings and collaborate with each other in the process of transformation.



Do you dare to unfold your hidden physical potential? The invitation is to experience ourselves as an infinite source of gentle strength and powerful softness, redefining and enjoying how we relate to movement, to our fantasy, to each other in the space when the body is no longer the subject, but the instrument that makes the invisible visible.



How to get in touch with UNFOLD Technique:

- Workshops
- individual sessions: it is possible to book individual sessions with Valentina in Berlin, the duration is 45 minutes. It's recommended to take them in a regular weekly base.
- Joining the UNFOLD Technique Intensive Program (see below)
- Joining the 3 years UNFOLD Technique Teacher Training (see below)
- As part of the programs at Arthaus Berlin

If you are interested in being informed or participate, please do not hesitate to get in touch: valentina.b@gmx.net

UNFOLD Technique Intensive Program

The Program include at least 3 workshops in the year, smaller groups classes, discussions and individual sessions.

UNFOLD Technique Teacher Training

The shared learning process becomes the medium through which one can achieve a new, comprehensive awareness of oneself, to develop this throughout life, and to be able to transmit the experience to others.

From the fundamental principles, single aspects of the technique can be applied in ever-new, individually adapted ways as experience grows. This makes it possible to treat specific problems in different fields in a finely-tuned way and to become aware of new, previously unknown options.

The teacher training program will take place in Berlin, in 4 blocks throughout the year, of approximately one week each, for 3 years. It includes hands-on work in individual and small group sessions and movement and improvisation work in group classes.

In the time between the modules self-practice will be required.

To start the training the students will be expected to:

- have had at least 5 individual sessions before.
- to have participated at least at one workshop with Valentina.
- have an interview with Valentina in which they will be also informed about all aspects of the course, both structural and content.

