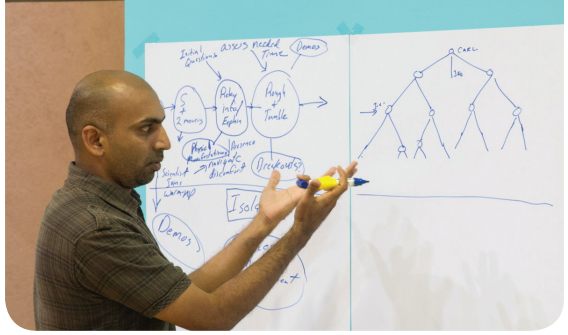
Characteristics

Insider/Outsider: Everyone can participate in a Bodystorming session, whether as a direct participant or outside observer. Scientists and movers bring their expertise and individual perspectives to the discussions while honoring their felt experiences as the experiment unfolds.

Hive Mind: As a collective of empowered and informed individuals, Bodystorming sessions are made stronger through the group experience, and encourage information lensed through multiple intelligences (physical, conversational, observational, emotional, sensorial) without privileging any one over another.



Fast: The speed at which experiments can be proposed and enacted, leads to the ability to adjust and change course quickly to test out many variations in a short amount of time.

Serious Fun: It can feel like a game! Bodystorming encourages participants to engage each other mentally, physically and emotionally as they learn how to embody different systems through actions.

Plain Language & Communication Skills: Bodystorming fosters clear language, free of jargon, so that everyone fully understands the material and parameters of each experiment. Great for shared learning environments.

Embodiment & Intuition: The entire body is central to this process. The Bodystorming System engages the full spectrum of human senses and ways of knowing, understanding, and experiencing the world.

More

For more information (articles, interviews, and TED talks) or to schedule a Bodystorming session, visit XXX.com or contact us at blacklablemovement@gmail.com or NUMBER.

Black Label Movement's

BODY STORMING SYSTEM

brainstorming with bodies –
an innovative modeling system
for moving ideas forward

What is the Bodystorming System?

Minnesota-based dance company, Black Label Movement (BLM)'s Bodystorming System began in 2009 as a part of the University of Minnesota's Moving Cell Project that brought dance artists and scientists together to "rapid prototype" research hypotheses in biomedical engineering.

"Collaborations between these seemingly odd bedfellows can lead to truly path-breaking research and new perspectives on well-worn pathways."

— Carl Flink (BLM Artistic Director & Co-Founder Moving Cell Project)

In a laboratory, dance studio or open green space, bodystormers learn specific movement instructions designed to replicate the theoretical activities of molecules within a living cell. Using basic choreographic techniques, the method provides scientists with a new, highly flexible modeling system to inform and support their research that complements more traditional software-based methods.

"An innovative strategy to communicate the dynamism of cancer, treat debilitating motor functions, and support emotional well-being"

— Susan Samson (National Cancer Patient Advocate)

Benefits

In parallel with providing BLM dance makers unique improvisatory tools for developing and organizing movements in space,Bodystorming is a rapid modeling system benefitting scientific inquiry that is not reliant on time-consuming computer simulations. It supports collaborative research in which bodystormers contribute observations on their embodied experiences, leading to a more comprehensive understanding of resulting data.

"The cell is a violent place, where molecules are moving at hundreds of kilometers per hour. Working with dancers allows us to recreate opposing aspects — dynamics and order — in a creative and safe manner."

— David Odde (UMN Biomedical Engineering Professor & Co-Founder Moving Cell Project)

Applications

The immediacy and relevance of this body-centered, problem-solving method, primarily focused on cancer research, have also been successfully applied to patient advocacy and learning, K-12 science curriculum, animal behavioral studies, architectural design, and turbulent water flow, in addition to many biomedical applications. Future applications: urban planning, architecture, team building, group facilitation, and conflict resolution.

"A supreme example of how new knowledge gets built within the arts, sciences, and the academic world... taking their processes of discovery, as well as the outcomes, into various public domains, [to] help us see radical possibilities."

— Liz Lerman (Choreographer & MacArthur Genius)