

DEEP LISTENING - AN INTRODUCTION

DATE: **MAY 11TH, 2019**
TIME: **10:00 - 16:30**
PLACE: **MALMÖ, SLOTTSPARKEN**
PRICE: **550 SEK**
MAXIMUM CAPACITY: **10 PARTICIPANTS**

‘Listen to any sound as if it had never been heard before’ - P. Oliveros

During this Saturday, we will explore one of our fundamental skills - to listen.

What happens if we listen to all that is possible to hear, in as many different ways as possible?

This includes not only music, but all sound that takes place in and around us at any moment. The sound of our breathing. The sound of our feet walking on the sidewalk. The sound of the voices of the people with us. The sound of a group of people listening together.

This workshop is based on Deep Listening® as developed by avantgarde composer and humanitarian Pauline Oliveros.

Using this embodied, meditative and deeply inspiring listening practice, we will explore and expand our personal sonic awareness on as many levels as possible.

During the workshop, we will perform one or two Sonic Meditations. These are written or spoken compositions/instructions that brings attention to ways of listening and responding.

Full body listening is a central part of the workshop too.

Does our listening change when we relax and activate through bodywork? I will guide a few simple exercises from the traditional Chinese movement practice of Qi Gong to help us focus our listening.

I'll make sure that we will have a lot of fun doing all of this – Come listen!

Registration: Email me at mortensvenstrup@gmail.com and I will reply with payment info (Paypal). Your seat is reserved, when payment is received.

SCHEDULE

10:00 - 12:00: DEEP LISTENING - PART 1
12:00 - 14:00: BREAK (BRING LUNCH OR BUY NEARBY)
14:00 - 16:00: DEEP LISTENING - PART 2

Facilitator: Morten Svenstrup

