

Dear Decoda,

We hope this finds you well. We're emailing to propose a session for Ground Work.

We recently developed a practice called 'Open Platform' - a relaxed space for embodied discussion, exchange and movement. We've used it in rehearsals (with BA dance students at Third Row Dance Company) and as an independent workshop environment (OpenLab at Chisenhale Dance Space - see attached photos).

Framed by a question, *Open Platform* invites the participants to share a conversation while moving through a loose series of physical prompts. Whilst recognizing the intertwined nature of conceptual and bodily exchange, the oblique nature of the ensuing conversation offers a space in which the norms of somatic and dance practice can be questioned. Refreshing and playful, this space allows participants to critique the social conventions of dance studios, an apparently relaxed or accepting environment which might be full of unspoken tensions and expectations. Participants have felt able to open up questions that might otherwise feel difficult, awkward, or rebellious, and to rehearse strategies for their future participation in these environments.

We feel like Ground Work would be a great place to introduce this practice - both inviting others to participate, and allowing it to develop in its encounter with new thinkers/movers/practitioners. For this Ground Work we propose the following question: *What are the gestures of sensation?*

Do let us know if you have any questions.

All the best,

Paul Hughes and Rohanne Udall
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