

Bodies of Reflection

A movement-based workshop exploring our human-water relationships - led by dance artist Amelia Eisen

**29th of May
16:30 - 20:00**

16:30-18:30 at Dansverkstaedid

19:00 - 20:00 at Vesturbæjarlaug

10,000 ISK - includes ticket to the swimming pool

**to register:
amelia.eisen@gmail.com**

all are welcome

Bodies of Reflection is a movement-based workshop connected to the research project, 'Dating Water.'

Together we explore two guiding questions:

What does Water reflect?
What does Humanity reflect?

The workshop unfolds in three parts:

Inner Water, Relational Water, and Global Water - moving from sensing the water within our own bodies, to exploring relational dynamics through shared movement tasks, to meeting water directly in the environment.

Through guided improvisation, creative encounters and reflective practices, participants are invited to move, listen and acknowledge with curiosity & care - our interdependence with the waters that sustain us.

pens & paper for journaling will be provided

We begin in the dance studio at **Dansverkstæðið, Hjarðarhagi 47, 107 Reykjavík**, for the first two parts. For the third part, we walk together to **Vesturbæjarlaug, Hofsvallagata 107, 107 Reykjavík**, to complete the workshop at the swimming pool.

Facilitation Language: English

What to bring: Comfortable clothes for moving, water (for drinking), a snack, swimsuit, towel, and anything you need for the pool.

All are welcome means this experience is open to people of all backgrounds and abilities. No prior dance experience is needed. Dancers are also encouraged to join. The intention is to create an inclusive, supportive space where anyone curious about movement, water, or relational practice can participate.

Pricing: The workshop fee is 10,000 ISK, which includes entry to the swimming pool. If this amount is not accessible for you, we can discuss alternative forms of exchange so that you can join.

Please register in advance by emailing amelia.eisen@gmail.com.

Discover more at ameliaeisen.com and/or via Instagram [@ameliaeisen](https://www.instagram.com/ameliaeisen)