



NCCD, Advanced Course held in Wales January 2010. Photo: Nina Atkinson.

Wintry reflection

In snowy January NCCD ran an advanced retreat course in Wales with Gill Clarke, independent dance artist, as facilitator. Open only to those dance practitioners with over ten years experience, it catered for the dance artist looking for new directions in their work. During the course participants dug beneath issues that were pertinent to their situations, and used the course to air their concerns and blocks about new initiatives and collaborations. What follows isn't a hard-edged review of that part of the course, but rather offers a window into the essence of the participants' collective experience. It is, writes Gill, 'a "manifesto"- not in the sense of a carefully worded outline of future plans, but instead a container that might conserve something of the spontaneity and passion of individual reflections that emerged during our time together, balancing the serious attention that was given to better understanding our own practices with a lightness that came through the opportunity to share with peers.'

Welsh retreat manifesto

Monday/Tuesday

No to boxes that confine
 No to information without discovery
 No to delivering
 No to the homogenous, and monochrome and monotone
 No to fixity

Yes to 'being with' and 'letting' and 'allowing'
 Yes to the magical journey
 to following a line
 and knowing there is a next time

Yes to TIME
 To be
 For me
 (But not tooooooo much!)

Yes to spaces
 for experiences
 and active stillness

Yes to integrating
 and exploring
 and ebb and flow

Yes to discovering for yourself
 Yes to the individual and to commonality
 Yes to confidence, to creativity and collaboration
 Yes to suggestion, and imagery and to self-awareness
 Yes to adapting
 Yes to what lies under the stuff
 And to nourishing ME

Wednesday

Yes to TIME
 Yes to discipline and to taking time
 Yes to going out and coming back in
 and re - investigating
 and stripping away

Yes to sharing exploration
 Yes to experience
 to the unspoken
 to immersion
 and
 readiness

Yes to noticing
 Yes to garnering
 Yes to re-visiting
 and to centring
 and to trusting movement
 and Hoorah for the 'Ah-has'

Yes to the journey
 to passing on the journey
 Yes to the person
 and to taking bits
 and to making it new

Yes to traces and to gubbins and to sparks
 and to fires that burn
 and snow and stew
 and

Yes toTIME
 Together