

# Dear Neuroscience: Application for Workshop Leaders

DEADLINE TO APPLY: MAY 12, 2019

"Dear Neuroscience: Touch and Proprioception" will take place on Friday, May 24, 2019, from noon-5pm at the Sainsbury Wellcome Centre (25 Howland Street, W1T 4JG).

The event will feature 2 blocks of workshops, focused on the following themes:

1) Our mental model of our self/body – how we build and modify that model using touch and proprioception; how this model contains our perceptions of our own appearance and ability; how we believe others perceive us; how our mental models can inspire us or hold us back; how to increase or decrease ("control") our awareness of this internal model of self; and how our mental model of self/body might be influenced by different environments, such as when floating on water, at high altitudes, in the depths of the sea, or in outer space.

2) The extension of our mental model of self beyond our physical bodies – how our "model of self" can expand to incorporate tools we use, vehicles/machinery we operate, social organizations we lead; how our sense of touch can become as strong for the tip of a fork or forklift as it is for the tip of our finger; how objects can be imbued with a "sense of person" in prop manipulation, juggling, and other performance with objects; and how we can learn and feel vicariously, using our vision to "throw" our sense of self beyond our bodies and into another person, place, or time.

Workshops should be aimed towards a variety of participants, and can range from learning a skill, to anonymously participating in research, to having a small-group discussion focused on a specific topic within Touch and Proprioception.

To learn more, please visit [www.everymind.online/DearNeuroscience](http://www.everymind.online/DearNeuroscience).

Email address \*

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Please describe a workshop you would like to lead at our event, and include in your description the answers to the following: How much space do you need to run this workshop? What age/ability range is this workshop able to accommodate? What are the health and safety considerations of your proposed workshop? \*

THE BODY KNOWS

BODY INTELLIGENCE

TRAINING THE BODY'S MIND

A workshop by Monamas Theatre Company & Maritina Keleri

WHO WE ARE:

CHRYSANTHI AVLONITI (Monamas Theatre Company)

ANNA KRITIKOU (Monamas Theatre Company)

MARITINA KELERI (MA Art & Science UAL Central Saint Martins)

We draw from a variety of backgrounds including acting, performing arts, puppetry, music, somatics, fine arts and architecture.

WORKSHOP DESCRIPTION:

This workshop aims to take us on a journey of how mind and body intertwine to create our embodied feeling self. Through movement, drawing, mask and clay work, and most of all through playfulness and active improvisation we will have the chance to connect with our primal senses and tools.

The integral nature of the workshop offers each participant the opportunity for a unique experience together with fellow participants.

TOTAL WORKSHOP TIME - 2HR:

The ideal time for this workshop would be 2hr but we are more than happy to adjust the time schedule to your needs.

WORKSHOP THEMES:

An Introduction to the senses - Awakening the somatic senses

**AGE/ABILITY RANGE:**

No prior training is needed. Open to all ages.

**SPACE NEEDED:**

Empty space, ideally with appropriate floor for movement.

Approximately 6m x 6m

**HEALTH & SAFETY:**

Water is going to be used. It will be good to have available a mop or blue paper to wipe the floor if needed, as well as a yellow sign.

**AN INTRODUCTION TO THE SENSES****- SOMATIC SENSES**

touch, thermoception, nociception, proprioception, balance

**- SPECIAL SENSES**

vision, hearing, smell, taste

**AWAKENING THE SOMATIC SENSES:****TOUCH (30min)**

Creating listening hands. Waking up the sense of touch.

How can we reconstruct and make sense of the world using only the sense of touch.

Participants amongst other exercises will have the chance to touch and explore -with their eyes closed- different materials such as water, sand, cotton, clay etc. They will also be asked to explore various objects of different shapes through touch, which then they will have to construct and recreate using play-doh or drawing on paper.

**PROPRIOCEPTION (60min)**

Creating a listening body. How can we train our body to better understand and listen to the external and internal stimulus. Introducing the idea that the body as a whole is our proprioception tool. By improving proprioception we are simultaneously improving

## kinesthetic awareness

Through a series of exercises, games and activities that require balance, coordination, agility, power and movements that challenge a person's normal range of motion, drawn from the Alexander technique, Yoga, Movement and Theatre, the participants will improve their inherent sense of their body's position and motion in space.

### WHEN THE SPECIAL SENSES COME INTO PLAY (30min)

How the visual input can interfere and challenge the proprioceptive input.

Introducing the mirror masks/ goggles to explore how the brain is using all the available information in order to construct an idea of reality. How we can train the brain to receive and analyse information.

Participants will have the opportunity to explore movement and space wearing mirror masks and goggles that change the perception of space.

When removing a sense that the body uses for proprioception (i.e, closing the eyes or wearing the mirror masks/goggles), we create a new challenge. By doing so, the brain has to keep adapting to the way it decodes the information input it receives, thus making it an agile tool that can react efficiently and effectively to any situation.

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If you have any photos or videos that can help describe your workshop, please share links to them below:

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Which time/theme is the best fit for your workshop? \*

☐ 12:30pm to 2:30pm: Our mental model of our self/body

☐ 3pm to 5pm: The extension of our mental model of self beyond our physical bodies

Do you have any questions or concerns for the organizers of Dear Neuroscience? Please feel free to write them below:

MATERIALS NEEDED:

Tables (x2)  
Chairs (a couple of chairs)  
A4 white office copier paper (1 box)  
Pencil colours or crayons (2 boxes)  
Play-doh (a couple of cans)  
Plastic boxes/storage containers, big enough to fit your forearm in (x4)  
Water (5 lit of cold tap water)  
Ice bag (x1)  
Cotton (a couple of packs)  
Rice pack 5kg (x1)  
Clay bag (x1)  
Wet tissue pack (x1)

OUR QUESTIONS TO ORGANISERS:

AUDIENCE/PARTICIPANTS

What numbers are you expecting?

PROGRAMME:

Would participants commit for the whole duration of the workshop or the idea is to roam around and taste all the offered workshops/activities?

VENUE:

Can we have some pictures of the available spaces?

MATERIALS:

Ideally we need all the above listed materials. Is there a budget that could cover the costs?

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