

## **Workshop with Prof. Richard Shusterman: Practical Somaesthetics as a Method for Immersive Performance.**



Prof. Richard Shusterman will visit Aalborg University, Sept. 4th till 7th. He will conduct a workshop with Art and Technology students and researchers introducing the practice of somaesthetics as method of ideation and creation for the development of immersive and participatory performance. He will introduce techniques of somaesthetic reflection for better body consciousness and will explore its impact on ideation and creation. The workshop is a research initiative in that Shusterman and researchers from the Research Lab of Art and Technology RELATE will investigate the interplay of somaesthetic theory and practices and their potential for creativity and solution finding.