



## **LAB 3**

**24 – 28 January 2022**

**Embodied Reflection  
in Artistic Practice**

HfMT Cologne

### **Programme:**

**Sunday 23 January | Monday 24 January**  
Arrival in Cologne

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**Monday 24 January | 15:00**  
Come together  
Evening Programme (Tba)

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**Tuesday 25 – Thursday 27 January**  
09:00 | **Warm-up**  
09:30 – 12:30 | **Workshops**  
14:00 – 17:00 | **Workshops / individual work**  
17:30 | **Wrap-up / reflection**

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**Friday 28 January**  
09:00 | **Warm-up**  
10:00 – 17:00 | **RAPP Lab 3 meets "Forum Artistic Research"** at the HfMT Cologne: ensemble walk to the "Centre for contemporary dance" at the HfMT Cologne and open stage presentations

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**Saturday 29 January**  
Departure from Cologne



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Artistic Professional Practice**



## What is this Lab about?

I perform, I resonate, I move, I reflect – the potential of this doing is entangled with (often inaudible) words, with tangible sounds, imaginations and bodily gestures.

The third RAPP Lab at the HfMT Cologne focusses on the tacit dimensions of the sensorial-emotional and social knowledge of and in artistic practice, research and education. In try-outs, in workshops, in interdisciplinary and dialogical sessions, in discussions.

In this variety of setups the Lab invites you to explore how we can approach, experience and analyse music and dance making from perspectives of embodied reflection. We would like to share and discuss methods and practices that may contribute to a deeper understanding of reflexivity in artistic doing as a holistic phenomenon that always departs from states of moving, hearing, sensing, mobilizing the known as well as the unknown. One of our guiding principles will be an attempt to avoid easy separations between sound, movement and language, intellect and body as much as possible – while being aware how deeply ingrained such binary structures' still are in Western economies of knowledge, art and education.

**Based on the HfMT Colognes' specific profile** in which music and dance programs work in practice and research side by side and in collaboration, the Cologne RAPP Lab is able to provide a diversity of frames to playfully experiment with how sound and movement open up research perspectives for one another. As practical analysis, simultaneously doing what we reflect on, inviting others to reflect on what we do. How can we re-work habitual techniques through each others methods? Or what does it mean to explore e.g. rituals like stepping on stage as mechanism that pose questions about non-binary takes on what has traditionally been addressed as the "mind-body-split"? Since there is no "pre-skill" in artistic actions just as little as reflecting on them happens "post-skill", we would like to dedicate the third RAPP Lab to the probing and exchange of methods in which the various dimensions of embodied reflexion in artistic practices in music and dance are encouraged and stimulated.

**Teachers and artists** from music and dance department of the HfMT Cologne will facilitate the sessions. As guest teachers **Nina Sun Eidsheim** (Voice Studies/Musicology, USA/Norway) and **Lars Frers** (Sociology of Space, Norway) will enrich the team with external perspectives.



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### **Costs:**

There is no course fee! The ERASMUS+-programme offers a grant to cover a part of the travel and accommodation costs for the participants in every institution.

### **How do I apply?**

To encourage an intensive working environment this Lab can accommodate only a limited number of participants, who will be selected by their institutions.

Please apply with a PDF-File with the following details

**until 6 December 2021:**

- a full CV with all your contact information
- a brief description of your current research interests

Please send these documents to the local RAPP Lab representative in your institution.

[www.rapplab.eu](http://www.rapplab.eu)

### **You need help or further information?**

Please contact: [rapplab@hfmt-koeln.de](mailto:rapplab@hfmt-koeln.de)  
or the RAPP Lab team in your institution.

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**Information** [www.rapplab.eu](http://www.rapplab.eu)

**Contact** [rapplab@hfmt-koeln.de](mailto:rapplab@hfmt-koeln.de)

### **Hochschule für Musik und Tanz Köln**

Unter Krahnenbäumen 87, 50668 Köln  
[www.hfmt-koeln.de](http://www.hfmt-koeln.de)

### **Zentrum für Zeitgenössischen Tanz**

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[zzt.hfmt-koeln.de](http://zzt.hfmt-koeln.de)

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**:m** Hochschule für  
Musik und Tanz Köln

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**:m** ZENTRUM FÜR  
ZEITGENÖSSISCHEN TANZ  
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