

Anatomy in Movement

Anatomy in Movement is a movement practice that emerges from my research interest on refining movement skills through imagery informed dance improvisation.

Anatomy in Movement is informed by my studies and experiences as a somatic movement educator and dancer. Particularly influential have been my training on embodied functional anatomy, with Eric Franklin, and my ongoing practice of contact improvisation. Anatomical excursions supported by touch, visualisation, and movement, as well as dance improvisation, meditation and reflection are included in this practice.

Since developing it during the COVID-19 pandemic, I have used Anatomy in Movement for solo performance and online/in person group facilitation in a variety of contexts, including vocational training (CAT scheme at The Lowry in Salford), higher education (on the dance course at UCLan), movement directing (with company Kapow in Manchester) and community classes (Towards Vivencia online platform).

In 2021 I was offered the chance to investigate how to apply this practice to the creation of short solos for performance, through the Inquiring Bodies event organised by Cheshire Dance. At that event I met dance artist and researcher Manny Emslie, who was also presenting, and since then we have initiated a fruitful research collaboration developed through the leading of a series of workshop titled Moving with Awareness, investigating crossovers, differences and complementarities emerging from the meeting of our two practices.



Photo from the Inquiring Bodies event by Cheshire Dance in 2021

A bit about myself

I am a dance artist who has worked internationally as a performer, author, and facilitator for almost 20 years.

I believe everyone should have a relationship with dance. I think dance is human it is not just for some humans. I think dance can help us navigate differences, process information, and connect with the essence of our human experience.

Originally from Italy, I moved to the UK in 2006 to train at London Contemporary Dance School, graduating with an MA in Contemporary Dance Performance with distinction. In dance I have worked as a performer, a rehearsal director, a dance-author, and a facilitator. I am also a trained somatic movement educator, a fellow of the higher education academy and a manual therapist.