



FVI RESEARCH SALON

APRIL 30, 2023

A few more thoughts on....

Making Waves: Fitzmaurice Voicework to generate research - Explore, stir up, and delve into your ideas for research projects. Discover shared interests for potential collaborative projects.

The Research team has compiled some ideas and concepts that helped us shape the 4.30.2023 salon. Some of this material was not captured in the recording because it was introduced before or after the session recording—during planning, during the session introductions, and in the post presentation discussion. As with past Research salons, we did not record the post salon discussion. We made this choice so that participants who wished to share their responses and feelings from a place of vulnerability could do so freely. For a fuller picture, we would like to document some of the notes, images, and other material here.

KEY IDEAS & CONCEPTS

“Research is formalized curiosity. It is poking and prying with a purpose.”

-Zora Neale Hurston

The title “Making Waves” was suggested by movements and effects of Fitzmaurice Voicework: the centrality of breathing and the wave-like rhythm and energy of breath as it moves towards/into the body, builds to a full point of expansive energy, then recedes out and away from the body.

The image of the wave throughout the body, as the middle of the ocean ripples and radiates with the subtle tremor of contraction: fluidity and strength, inviting new curiosities in the transitions, breathing, lingering without rushing into the “next thing.”

Destructuring is a pathway for curiosity and allowing sensations, dreams, fantasies, to surface that one might want to investigate more deeply to discover potential research material, whether evidence-based, and/or qualitative, and/or to develop performance.

Destructuring “research.” The concept of research is very rigid, so we can explode it and explore it and play with it, while still respecting research because of the knowledge it produces. Moving beyond restrictive ideas about what constitutes research. Exploring beyond knowledge production with the perspective that the knowledge is already there, within the artist.

Moving to destructuring for exploring, stirring up, delving into ideas for research projects. An initial idea was to “set an intention” for destructuring as one may be invited to do in yoga practice. Imagining intention as a “droplet” conveys a sense of ease and gravity: a droplet falling into a pond and rippling out in waves, as a droplet creates waves in a smooth body of water.

Exploring your body as the site, material, and instrument of research.

In addition to being a source for performance development research, personal experiences can provide effective and rewarding sources for quantitative and qualitative research.

Questions about embodied knowing and waves of energy as commonality and shared experience - yet different and unique for each body. Research as process and emergent knowing in becoming, yet at the same time tapping into some deep inner knowing that is already there as being – beyond each individual body.

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