

Personal Experience of Breathing Seen through LMA / BF Approach

Talking Body: My - Odyssey Journey



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Abstract

The personal experience of breathing seen through the LMA / BF approach is present through description of immersion, incubation, illumination and explication of personal characteristic movement patterns through BESS analysis and synthesis. The whole approach to the phenomenon of breathing is characterized as the experience of Talking Body of Personal Odyssey Journey. The author has found that the activation of the BF Principle of Breath Support in connection with a sense of self helped her to overcome panic and fear from her traumatic experience of being seriously injured earlier in her life. During the process, the breath flow was recognized as an initiator and supporter of movement. The breath was also found as an irreplaceable factor for articulation and integration of the Body, and significant as a regulator of Body tension. The project it has shown that in this case the breath is particularly linked to the Effort Elements and thus has become the Fundamental key in this Movement Journey.

Key Words: breath, movement, flow, dance, traumatic body experience, controlling self, self reflection, personal process, BESS analysis, Laban / Bartenieff approach.

