

The Second International Laboratory of Authentic Movement

April 29 – May 3 2009, Belarus

The second gathering took place in Minsk region of Belarus in April 29 – May 3 2009. There were 34 participants from five countries (Russia, Belarus, Ukraine, Lithuania and Netherlands). The laboratory was facilitated by [Alexander Girshon](#) and [Alexey Kapterev](#).

A special visiting teacher and guest – [Linda Hartley](#) who was supposed to introduce aspects of Body-Mind Centering work with the senses, organ system and developmental patterns, and integrate them with Authentic Movement, focusing on witnessing movement, sensation, emotion and image – she was not able to come due to force majeure circumstances. [Vitaliy Kononov](#) – a co-facilitator of the first gathering didn't manage to come as well.

Nevertheless participants discussed, planned and shared experience of more than 20 AM processes. There was a variety of experimental formats, classical and related forms: AM and New Code NLP, AM and Systemic Constellations, AM and Meditation. A unique Long-distance format with a group in USA. 3-hour AM marathons. In total we moved through about 17 different formats.

Overall conclusion. During the first laboratory in 2008 we focused mostly on processes' content and experimented with contexts. At this laboratory our focus was put upon the form itself, a spectrum of feedback formats, rituals, boundaries and rules.

A significant influence on this focus was exerted by participation of Alexander Girshon, Denis Turpitka and [Yulia Morozova](#) at the [Authentic Movement Gathering](#) in Vienna in 2008. A high level of ritualization, importance and "the taste" of the classical approach, a great value of integration processes – all was practiced and discussed.

Among valuable findings we note a "contract witnessing" which enables a mover to pick up a particular form of feedback before a process. A long-distance format helped and taught us in creating and maintaining conditions to experience a collective body with its deep level of participation and pervasive ritual.

A combination of AM and New Code of NLP again displayed its high effectiveness as a "body-storming" technique. Our attempt to combine AM and Systemic Constellations resulted in a number of serious questions necessary to solve in order to continue. AM with a meditative preface is a very interesting format which creates a unique state and space. We repeated a 3-hour night marathon format to clarify the necessary terms, advantages and drawbacks of the format. AM and performance is as usually a highly working and inexhaustible theme.

Important issues of the laboratory were – integration of AM into ordinary life; AM community.

Preliminary we are planning the third laboratory on early May 2010 in Belarus. A week-long event will consist of three days retreat of a classical forms and four days of laboratory work.

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