

As an emerging artist working across a variety of material and media, the chance to be part of THE ARTFACTORY, Phase 1, at the Complex Dublin was an exciting opportunity for me to develop my cross disciplinary project SLIME SLUG SLUSH; a performance which explores mutual consent through body movement and interactions described through a series of encounters. Prior to Phase 1, I worked on scripts and mood boards to make prototypes for masks, costumes and props in my studio that contributed to ideas around movement and character development.

During the development week, I had access to a space in the Complex, a unique venue located in the city centre. I was given the great opportunity as a visual artist to work with art director and choreographer Jessica Kennedy from the dance theatre company 'The Junk Ensemble'. The week was focused on body movements, self awareness and experimentations with the body. Kennedy taught myself and three voluntary artists a mixture of movement, techniques and abilities. Every morning we learnt a different set of warm up exercises including the Tibetan Rites. The days were focused on exploring emotions such as trauma, shame and guilt through the body and to work collectively with touch, stability and balance.

On the final day of phase one we worked with composer George Brennan who improvised sounds in response to my direction and to the movements we had choreographed.

During the week, I developed my interest in narrative-based work adding new layers through movement which I highly appreciate. I am grateful to the Complex for the chance to work with Kennedy who has a depth and breadth of expertise and experience. The Complex continued support of emerging artists in terms of newly built studios and upcoming projects and events are admirable and necessary.