

Scott Thurston

This book is the latest product of a sixteen-year process of integrating dance and movement into my poetic practice, responding to three key research questions:

1. How can a movement practice energise formal elements in poetic composition (and vice versa)?
2. How can poetry can be used to represent and share movement experiences?
3. How can the interdisciplinary conversation between dance and poetry shed light on their shared underlying vitality dynamics?

The book draws on my practice of Five Rhythms, Movement Medicine, Authentic Movement, Alexander Technique, Qi Gong and Iyengar Yoga, as well as encounters with artists and researchers in the areas of Dance Movement Psychotherapy (Vicky Karkou); philosophy (Kyoo Lee) and contemporary dance and poetry (Billie Hanne). The poems process these experiences and speculate on further areas of enquiry such as: 'we are like our movement, | free to use space as structure, but how to feel it?' (p. 12), 'how does a poem | remain a poem in movement?' (p. 34) and 'how can I accept | the meaning of my movement?' (p. 37)

The key discovery of this work is to articulate the term *kinepoetics* for the first time in relation to this interdisciplinary practice. It describes an approach to creativity that takes into account embodied movement experience and utilises the dynamics of a new genre of 'movement-poetry' that I am inaugurating. This kinepoetics can be traced throughout the book as in this representative quotation:

Space shaped our movement,
found in the body; countering gestural poverty in actionable
shared consciousness, mind extended outward towards forms,
one word-step at a time, until the dance suddenly stands up
in itself, offers the unknown in the turn of the sternum. (p. 16)

Online book launches took place in Brighton/Groningen; Santiago/Paris; and Sacramento CA.