



Inicio



# **KEEP MOVING METHOD** **BY MERCEDES BORONAT**

**We couldn't verify the security of your connection.**

Access to this content has been restricted. Contact your internet service provider for help.

Video Keep Moving Lab

# WHAT IS KEEP MOVING METHOD?



# PILLARS OF THE METHOD

KMM is a unique methodology created by Mercedes Boronat that brings clarity to creative processes.

It is a method that develops the creative potential of the practitioner through movement and alignment of the physical, mental, emotional, and energetic body.

KMM was born in 2013 in New York as a result of the combination of a set of techniques such as contemporary dance (Graham, Limon), jazz, Tao healing, Gurdieff's dances, sophrology, meditation, and quantum physics.

KMM is aimed at individuals who wish to apply the methodology in the practice and development of their art (performing, audiovisual, visual arts, etc.), as well as anyone eager to enhance their creativity in any professional or personal domain.

SHAKING  
ALIGNMENT  
TENSION/  
DISTENSION  
5 MOVEMENTS  
DYNAMIC  
CREATIVITY  
POWER STATE  
BOOM  
MOMENTS  
PHENO-  
DESCRIPTION

**“CREATIVITY IS THE ABILITY  
TO CONNECT NEW FORMS IN  
A COHERENT WAY”.**

# WHAT IS THE “POWER STATE” WHERE WE CAN FIND “BOOM MOMENTS”?

X

“The power state“ is a state of flow in which the bodies (physical, mental, emotional, and energetic) are aligned. In this state, we are more energy than matter, and creative intelligence is at the service of what is expressed in action. In this inherently uncertain state, we can encounter many “**BOOM moments**“, that is, moments of high creativity. In the creative process, we may also encounter resistance; in that case, the only rule is to breathe and **KEEP MOVING**.

ATTENTION  
DETERMINATION  
VITALITY  
SECURITY  
INTUITION  
EFFICIENCY  
FREEDOM  
GENEROSITY  
PERCEPTION

“TO FLOW IS NOT TO LET  
THINGS HAPPEN; IT IS TO  
CONNECT WITH THE THINGS  
WE WANT TO HAPPEN”.

# THE GOAL IS TO INHABIT THE POWER STATE... BUT HOW? X

The main objective is to prepare the practitioner to be in a creative state ("power state"). In order to reach it we need:

**Aligning the physical, mental, emotional and energetic body.**

This balance is achieved when conscious breathing is integrated and the maximum possible energy is activated.

**Rooting and activating energy.**

Rooting brings a state of openness and flexibility towards oneself and others.

**Become aware of the spine so that it is flexible and coordinated.**

The spine is the axis of perception; the more flexible it is, the greater the perception of oneself and the outside world.

ENERGY  
ENTHUSIASM  
JOY  
CLARITY  
OPENNESS  
PRESENCE  
BALANCE  
CONFIDENCE  
FOCUS  
CURIOSITY  
SURPRISE

**“YOUR CREATIVITY DEPENDS  
ON THE FLEXIBILITY  
OF YOUR SPINE”.**

# THE GOAL IS TO INHABIT THE POWER STATE... BUT HOW? X

## **Understanding space.**

Space is where we express ourselves and communicate; if we don't feel space, we feel disoriented. The aim is to teach them to take space between words, between gestures, between actions. These spaces offer proactivity rather than reactivity, as they find solutions rather than limitations.

## **Development of attention.**

Through 5 movements practice, based on the observations of Noguchi. Indispensable for the development of creative structures. Practicing attention means knowing how to inhabit mind, emotion and action, creating new connections. From the physical body, we reach the attention of feeling, and it is from feeling that we communicate. Attention also opens up new possibilities.

## **Developing creativity through movement.**

Through Dynamic creativity (creation in action). Developing creativity through action allows it to evolve and transform. Creativity in action is a source of great satisfaction, as you feel that you're making progress, developing and, above all, finding solutions. It's in co-creation, not comparison, that students evolve.

## **Create awareness. Phenomenological writing.**

Through "Phenodescription" we discover what has been expressed in the creative action.

**“YOUR CREATIVITY IS YOUR  
POWER”.**

# WHERE IS KMM TAUGHT?



Mercedes Boronat has been developing the methodology for 25 years and teaching it nationally and internationally for more than 10 years. She published her first book, "**MOMENTO BOOM**" which compiles all the information about the method. Currently, **25 KMM teachers** offer classes in various professional spaces in the performing arts, such as Eòlia, Aules, or the Institute of Theatre in Barcelona. The method is also taught in non-professional sectors of the arts, social and educational action services, notably at the International University of Andalusia (UNIA) in Jaén and at the BAU Design University, where over 800 students have learned to design using the Keep Moving method.

**MORE THAN 25  
TEACHERS &  
HUNDREDS OF  
PRACTITIONERS  
ALL AROUND THE  
WORLD.**



## **Sala Beckett. Barcelona**

<https://www.salabeckett.cat/es/curs/keepmoving-creacion-accion/>

## **Espai Philae. Barcelona**

<https://espaiphilae.com/curso/keep-moving-method/>

## **Living Lab Full. Action festival (2016)**

<https://www.youtube.com/watch?v=gwjL-CDvkv4>

## **BAU. University of Design and Arts. Barcelona**

<https://www.baued.es/profesores/mercedes-boronat>

## **IVAM. Valencian Institute of Modern Arts.**

<https://ivam.es/es/actividades/taller-keepmoving-y-performace-stillness-de-mercedes-boronat/>

## **"Magnífica Presencia" Performance. Lab (2014)**

<https://poblenouurbandistrict.com/es/mercedes-boronat-presenta-la-performance-magnifica-presencia/>