



In The Open

**A Platform for Eco-Somatic Arts Dialogue
and Living Landscapes Research**

Dunami - Movement Arts Wellbeing CIC





“Nature moves us as much as we move Nature.”

Anna Dako



We believe...

Landscapes are not simply places we inhabit - they are living collaborators in artistic practice.

In the Open is Dunami CIC's platform for Artistic Dialogue and Living Landscapes Research.

Rooted in North East Scotland and connected internationally, it brings together artists, researchers, environmental practitioners and communities to investigate relationships between body, place and the more-than-human world through the methodology of Eco-Somatic Felt Thinking.

Rather than treating landscape as a backdrop for artistic production, In the Open understands forests, coastlines, mountains and other living environments as active collaborators in creative enquiry.

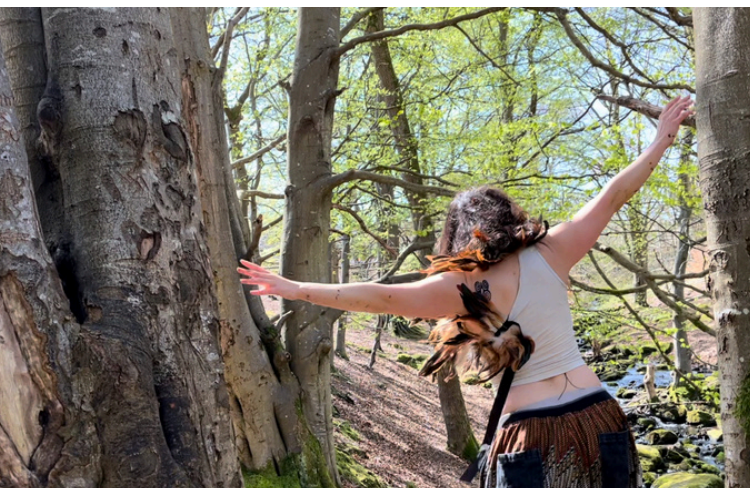
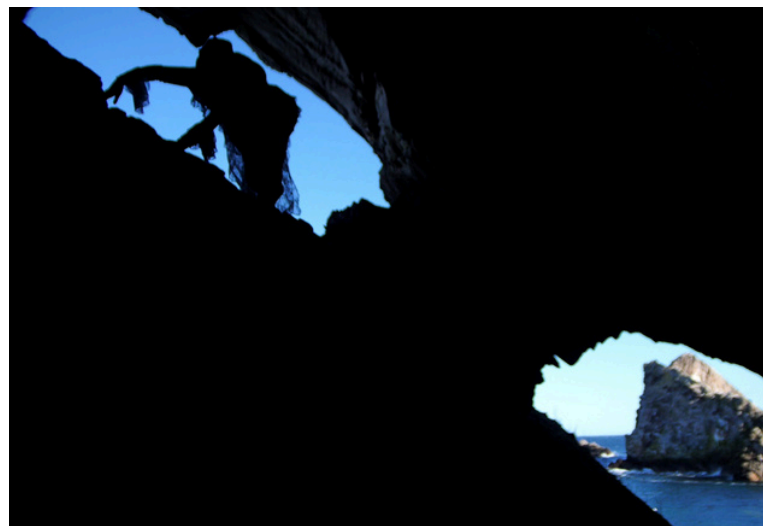
Through immersive research, movement, interdisciplinary practices and public dialogue, each project contributes to a growing body of Living Landscapes Research that explores how creative attunement can deepen ecological awareness, foster intercultural exchange and generate more inclusive ways of knowing.

The platform grows from over two decades of research and artistic practice by Dr Anna Dako and reflects Dunami CIC's long-term commitment to connecting creativity, environmental responsibility and embodied learning.





Attention is the first gesture of care.



In the Open has evolved through a sequence of artistic enquiries, each building upon the last while expanding the possibilities of Eco-Somatic Felt Thinking as both an artistic methodology and a framework for environmental dialogue.

The journey began with 'Being Human Being Nature', a research film developed during Anna Dako's doctoral research. She asked a simple yet profound question:
How can artistic practice help reconnect human experience with the living world?

Rather than positioning nature as an object of observation, the research proposed a relational approach in which movement, perception and creative practice become ways of entering into dialogue with place.

From this enquiry emerged Eco-Somatic Felt Thinking, a methodology grounded in embodied awareness, ecological attentiveness and reflective artistic practice.

In the Open is the continuation of this research.

Eco-Somatic Felt Thinking continues to evolve through residencies, interdisciplinary collaborations, films, performances, publications and public dialogue.



"Learning how to observe and connect with movement, both within ourselves and in our living environments... opens new ways of relating and creates a whole new sense of belonging." Anna Dako





Eco-Somatic Felt Thinking

builds with

Receptivity | Responsiveness | Responsibility

Eco-Somatic Felt Thinking forms the backbone of In the Open.

Developed through doctoral research and refined through more than a decade of interdisciplinary practice, it offers an approach to artistic research that integrates movement, perception, voicing, ecological awareness and creative, relational enquiry.

The methodology does not prescribe artistic outcomes. Instead, it cultivates conditions in which artists can develop deeper relationships with landscape through experience, observation, creative interaction and reflection.

It unfolds through three interconnected processes of:

R e c e p t i v i t y

Learning to listen before responding. Developing sensory awareness and openness to place.

R e s p o n s i v e n e s s

Entering into dialogue with landscape through movement, artistic experimentation and engaged collaboration.

R e s p o n s i b i l i t y

Transforming creative presence into forms of intrinsic knowing. Sharing through exhibitions, films, performances, publications and educational events.



Eco-Somatic Felt Thinking proposes that artistic practice is not only a means of making work but also a way of cultivating more attentive, reciprocal and responsible relationships with the living world.





"I now experience myself as a living process of creation and destruction on the go... I am the living rock of water and wind."

Anna Dako (Life of Stone '25)

A photograph showing the backs of two people standing on a rocky shore, looking out at a turbulent ocean under a cloudy sky. The person on the left has long reddish-brown hair and wears a grey knit beanie, a light grey sweater, and a dark green bag. The person on the right wears a dark beanie and a blue and white plaid jacket.

We are Movement by Nature.



Living Landscapes Research

Living Landscapes Research is the conceptual framework that guides every project within In the Open.

Each artistic enquiry focuses on a different Scottish landscape, recognising that every environment offers distinct ecological, cultural and sensory experiences.

Rather than asking artists to produce work about landscape, In the Open invites them to investigate how different landscapes shape perception, movement, memory and artistic process.





Each project begins with a research question.

Being Human Being Nature (2016/2019)

How can embodied artistic practice reconnect people with the living world?

Forest Within (2020/2021)

How can artistic practice respond to ecological loss while cultivating more reciprocal relationships with forests?

Developed in response to the large-scale clear-felling of Countesswells Woods Aberdeen, the project explored ecological grief, environmental responsibility and the consequences of human intervention within living ecosystems.

Life of Stone (2025/2026)

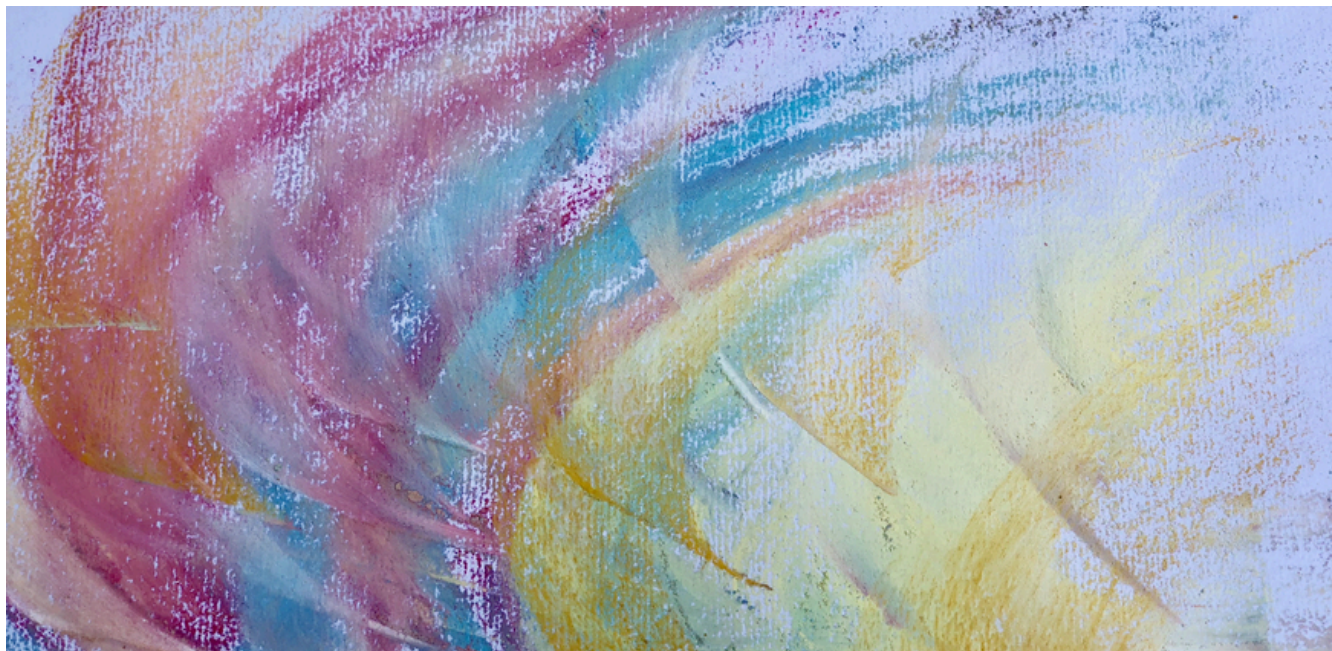
How do coastal landscapes reshape our understanding of movement, geological time and belonging?

Through residency, film and interdisciplinary collaboration, the project investigated the dialogue between body, sea and stone, revealing the rhythms of coastal environments of Banff and their influence on artistic practice.

The Mount (2026/2028)

How can historic relationships between humans, horses and upland landscapes contribute to contemporary artistic research and ecological thinking?

The next chapter expands the research into Scotland's uplands, exploring equine cultures, mountain ecologies and living heritage through an internationally-framed residency.





In the Open creates conditions for artistic research
rather than production alone.
Residencies provide time, space and support for artists
to investigate questions that cannot be answered
within conventional project timelines.

Artists are welcome through open calls and targeted invitations, creating cohorts that intentionally combine:

- artists from North East Scotland
- practitioners from across Scotland
- international artists living and working in Scotland
- invited international artists whose practices contribute to the research themes.

The programme values diversity of artistic practice, cultural perspective and lived experience. Performers, visual artists, filmmakers, movement and interdisciplinary practitioners work alongside one another, creating temporary research communities in which knowledge is shared rather than prescribed.

Residencies also function as Continuing Professional Development opportunity, supporting artists to expand ecological literacy, interdisciplinary collaboration, reflective practice and public engagement.



How do we stop experiencing Nature as external to who, what and how we are, and rediscover our inborn connections to it within ourselves?



Learning to move with awareness from different body systems means to move with care and ease.



The landscapes of North East Scotland are central to the identity of
In the Open.

The diversity of the region allows the programme to investigate
multiple landscape ecologies while remaining rooted.

The platform also creates meaningful exchange between rural and
urban cultural ecologies.

The work is shared through exhibitions, screenings, performances,
workshops and educational partnerships.



By bringing together local knowledge and international perspectives,

In the Open seeks to establish North East Scotland as a recognised centre for Eco-Somatic artistic research and environmental dialogue.



"Forests are best understood in slower tempos of long-term entanglements."

Anna Dako ('Forest Within' 2021)



"There is little need for action, only willingness to slow down, to open the senses, and to feel alongside the thinking." Anna Dako



Looking Forward

In the Open is conceived as a long-term platform for embodied artistic research.

Each residency contributes to an expanding archive of films, performances, exhibitions, publications and public conversations that continue beyond the duration of the project itself.

Future chapters will explore additional Scottish landscapes while strengthening artist development, community engagement, educational partnerships, international exchange and interdisciplinary collaborations.

Rooted in Eco-Somatic Felt Thinking, In the Open invites artists, researchers and organisations to participate in a continuing dialogue about how the mindful and creative practices can contribute to more responsible relationships with the living world.



The next landscape has not yet been explored.



Guided by the Four I's framework:

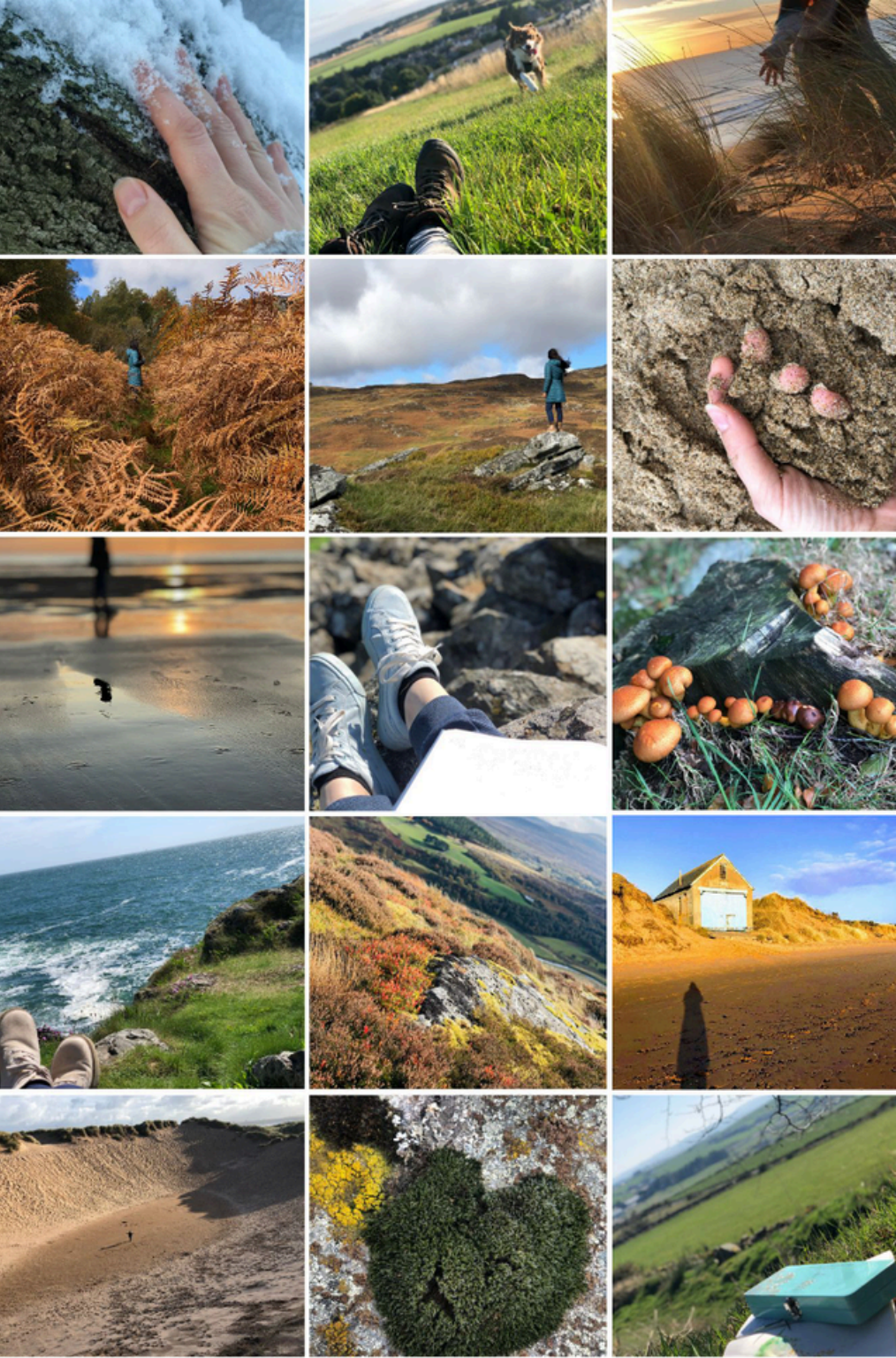
**Inclusive, Intercultural,
Interdisciplinary & Integrative**

Dunami CIC creates accessible opportunities for people to reconnect with themselves, their communities and their environments through embodied, experiential learning and creative participation.

find out more at:
www.dunami-somatics.com



movement arts wellbeing cic



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In The Open



Thank you!

Artists in Images: Anna Dako,
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'Internal Landscape' 2025),
Martina Polleros, Noemi Dako, Olga
Bury, Piotr Stanek, Sarah Luchaj,
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Valeria Lembo.

Images by: Anna Dako, Jack Wylie,
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