

In the light of our current ecological crisis humans are being asked to conceive, imagine and bring into being new ways of living. This MPhil thesis explores how the practice of yoga can enhance a subject's perception of a dancing ecology, cultivating a sentient interrelationship between body and world and in so doing provide a greater sense of play and creativity in our negotiation with the world.

The thesis develops in five chapters. Chapter One establishes and situates what I have termed a dancing ecology, distinguishing this term from notions of environmental/ecological dance. Chapter Two explores the phenomenological notion of being in the world, through the ideas of Maurice Merleau-Ponty, developing these notions alongside Marcel Mauss's techniques of the body and Carrie Noland's theories of embodied agency. Chapter Three is based largely on Gregory Bateson's ecology of mind and Michael Kliën's application of these ideas to dance and choreography. Chapter Four is an enquiry into my practice of Tadasana (Mountain pose) through a sensory auto-ethnographic methodology and aims to relate the ideas of a dancing ecology through the materiality of my body. It is through the exploration of my practice that I demonstrate that the ecological is something we are imbedded in at all times: the air we breath, pavements we traverse, momentums of our daily life; it is all a dancing ecology. The final chapter unifies my research and attempts to point a sustainable way forward in the recognition of a dancing ecology.