

# MÖTE MED SHANNON COONY

18-22 SEPTEMBER

**ÖPPEN FÖR:** Professionella yrkesverksamma dansare  
**TID:** 10.00 - 16.00 (måndag-fredag)  
**PLATS:** CCAP studio, Körsbärsvägen 9, Stockholm

Workshopen sker i samarbete mellan Dansalliansen, Cullbergbaletten och Danscentrum Stockholm



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## DYNAMIC EXPANSION MED SHANNON COONY

The dance and movement practice *Dynamic Expansion*, created by Shannon Cooney dancer, choreographer and craniosacral practitioner, connects one to the physical phenomenon of the Craniosacral (C/S) system and explores it through movement via improvisational forms.

In the class setting one is introduced to techniques to tune into their Craniosacral Rhythm (CRI). By sensing this profound rhythm it is possible to go directly and deeply into the practice of self-witnessing. Embedded in the work is *Moveable Cinema*, a practice within the practice, tuning into the felt sense of vision while in movement. This offers ways to expand sensorial awareness that are tactile, and can also be integrated as performative tools.

The workshop of *Dynamic Expansion* will include more in-depth information and shared knowledge of the Craniosacral System. One learns techniques for orienting to Stillpoint as a starting point for sensing the Cranio Rhythm (CRI). The techniques taught incorporate natural, fully-physical, energetic, and subtle dance/movements that are guided into movement improvisations. As the work evolves, one's capacity to remain wholly connected to this vital rhythm while expanding into varied dynamic states of presences is at the heart of the practice. Also in the Workshop, will be expanded practices of *Moveable Cinema*. These mandalas of movement research can be readily experienced and integrated. It is a potent practice with numerous applications

**Shannon Cooney**, Canadian choreographer, dancer/performer and dance educator based in Berlin, Germany since 2006, received a B.F.A honours/dance at York University, Toronto in 1992. Her choreography has been presented since 1993 in Canada, Europe and in the U.K. As a dancer she has performed in the works of numerous choreographers and she danced with Toronto-based Dancemakers (1994-2006), artistic director Serge Bennathan, which toured nationally and internationally. Shannon has performed in installation works in numerous events of performance improvisations with musicians/performers and artists. She works as an artistic advisor and creative facilitator for directors and choreographers in dance and performance.

Shannon created a dance method, *Dynamic Expansion*, which she teaches internationally for dance training centres, companies, universities and organizations. It is a practice combining her embodied knowledge in craniosacral therapy and contemporary dance

**Sista anmälningsdag är den 3 september, 2017**

**E-posta ansökan, aktuellt CV och kort motivationsbrev till [anmalan@dansalliansen.se](mailto:anmalan@dansalliansen.se)**