

# MÖTE MED FELDENKREIS® METODEN MED PAUL PUI WO LEE

10-13 MAJ 2018

**Öppen för:** Professionellt yrkesverksamma dansare, pedagoger och danslärare

**Tidpunkt:** 10.00–15.00 (torsdag-söndag)

**Plats:** Luleå Dans & Rytmikförening, Norra Hamn, Luleå

Workshopen arrangeras i samarbete med Region Norrbottens danskonsulent, Dansinitiativet och Danscentrum Norr



## FELDENKREIS® FOR DANCE MED PAUL PUI WO LEE

*The Feldenkrais Method®* is learning to learn from ourselves to become connoisseurs of our possibilities. I hope to provide information that can help dancers to expand as artists. I will deepen our *feeling* (gauge and expression and experience) as artists. Our past training has served to take us this far, and the next stage of our transformation will come from listening to ourselves to uncover paths beyond what we know, to bring more of our personal human potential into light.

In the workshop I will slow down with some *Feldenkrais® Awareness Through Movement®* lessons to learn to sense ourselves in more detail, to clear away the unnecessary efforts and allow more efficient patterns of moving to emerge. I hope to provide a space outside of "right" and "wrong" for personal understandings to develop and connect. I will be inserting some simple "ballet-ish" class and free-flow improvisation in between the Feldenkrais work for you to experience how it can integrate to your own dance.

**Paul Pui Wo Lee** is from Hong Kong and grew up partly in Canada. After graduating from The National Ballet School of Canada, he did a supplementary year of contemporary dance at the Rotterdamse Dansacademie in The Netherlands. Paul joined IT Dansa in Barcelona after graduation, and then he got the opportunity to dance at GöteborgsOperans Baletten. A neck injury led him to become a certified practitioner of the Feldenkrais Method®. The method has helped him to become a more able and healthier dancer, and it has led him to understand the purpose of art and what it means to him personally. Paul is now based in Malmö where he works as a freelance dancer and Feldenkrais® teacher

**Sista anmälningsdag är den 15 april 2018**

**Anmälan med aktuellt CV och kort motivationsbrev skickas till [anmalan@dansalliansen.se](mailto:anmalan@dansalliansen.se)**