BBM-BREATHING BODIES MOVEMENT

15 - 18 apr 2024

The Breathing Bodies Movement method explore our somatic structure and its harmonic-disharmony relation to our breathing system and our mental-physical creative zone.

BBM focus on somatic areas which we attend to often ignore and asks to bring them alive.The workshop focus on how do we use the air that we are breathing into our body? How can we improve, change the way we use the breath? How can we reach new creative spaces in the body? A simple jet complex question.

The method aimed to research for harmonized coordination between the body and the emotional system of dancers, actors and performers.BBM leads the body and the mind to search for(a honest) connection between the three elements:nervous system, breathing respiratory system and mind. As more as we reach the hidden spaces in the body that are not „breathing“ the more life we breathe into them, bring them alive, define our personal inner energy, inner rhythm, get rid of bad physical habits and redefine, refresh the identity of our living body. Photo: **Erik Tam**

With original exersises, de Volff's method stimulating freedom and honesty in the bodies of the individual. It reaches new creative areas, new energy end demands to neglect self judgement. While this method was designed to find greater range within a physical practice, through the participants exploration of this technique other byproducts may appear, whether that be social, or (positive) psychological effects. The method, the search for a total freedom of the muscles, leads participants to a new physical sensational and expand their borders. It alouds creativity to be daily explored in the studio with the notion of leaving behind limitations.The method fits all kind of people, body-type and age. **Nir de Volff** are a Israeli dancer and Choreographer.
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Ansök på https://dansalliansen.se/index.php/w/325

Ledare	**Nir de Volff**
Startdatum	2024-04-15
Slutdatum	2024-04-18
Tider	13.00-16.00 (måndag-torsdag)
Antal dagar	4 dagar
Sista ansökningsdag	2024-03-31
Plats	Dansalliansen Studio
Adress	Ryssviksvägen 2, 5 tr