

CONTEMPORARY BALLET

16 - 20 aug 2021

AWARENESS THROUGH MOVEMENT®/Contemporary ballet, or just shifting through classical form...

I would like to open up the ballet class as a free space to play with options to enrich your artistic voice/expression and enhance your technical ease. Ballet class, for me, is an improvisation within the parameters that define its style. I hope to look beyond its supposed rigidity (be a rebel!) to find immense room for your personal flow and fluidity to emerge. How can we become better at recognising the choices available to us within the structure to allow our inner artist to forge our individual enjoyment of expression? What's right and what's wrong? What's perfection? This questioning could lead to something exciting. Steps in ballet are a means and not an end, right? Ballet can be more than just turning out, and instead, be a dance that is weaved from the quality of your personal choices - your artistry.

The classes are made possible through Dansalliansen and Danscentrum Syd, open to professional freelanc dancers and du to the pandemic you have to pre-registrat to participate https://doodle.com/poll/hpmn6bbvwevzvdc4

Paul Pui Wo Lee is a certified Feldenkrais practitioner and Jeremy Krauss Approach (JKA) practitioner and therapist, who currently serves as the rehearsal director and choreographic assistant at Of Curious Nature, a contemporary dance company. He graduated from Canada's National Ballet School before training at the Rotterdam Dance Academy. He has danced with IT Dansa and GöteborgsOperans Baletten before working as a freelancer.

Paul is passionate about helping artists gain a sharper, embodied understanding about their personal movement possibilities to enrich the breadth of their technical and artistic palette. In this way they may expand their security and freedom of their performance from cultivating a healthier and more sustainable practice.

Ansök på https://dansalliansen.se/index.php/w/129

DANS ALLIANSEN

Ledare	**Paul Pui Wo Lee**
Startdatum	2021-08-16
Slutdatum	2021-08-20
Tider	Balettklass 11.45-13.15
Antal dagar	5 dagar
Sista ansökningsdag	-
Plats	Danscentrum Syd
Adress	Bergsgatan 29