

EMBODIED MOVEMENT - Daily training for dancers and actors

11 sep - 11 dec 2023

Dailey training for dancers and actors in collaboration with Teateralliansen and Danscentrum Syd, week 37-50, Mondays 09.00-10.00. (Except week 44) - Drop in!

Embodied movement is about exploring, sensing and listening. An embodied and explorative improvisation based practise, bringing in elements from yoga, authentic movement, Breathwork and the felt experience of being a human body.
In this series of morning practise you are invited to journey into the rhythm of your own body. Allow yourself to explore and play and allow the practice to become a call to come home to yourself.
Breathing is of great importance for our ability to feel our body and our inner emotional life. It is the gateway to our emotions and the connection between body and mind that connects the conscious and the unconscious in us.
Movement nourishes our entire system, our muscles and our skeleton.
Movement nourishes our emotions and helps what is stagnant to move.
Movement creates life, flow and joy. From our feet, to our organs, to our nervous system, to the soul and to the brain and all the way back.

Dancing, movement and meditation have always been a big part of **Kirstine Ilums** life. For more than 15 years, with the whole of Europe as her workplace, She has worked as a professional dancer, project manager, choreographer and educator. For Kirstine, movement (Yoga included), Breathwork, meditation, Body therapy and lots of support and love from family became has been important for her way back. However, it was not the way back to my previous, max-performing self. Today she feel that she have found a moore balanced self, that takes into account and prioritizes both her body and her soul. Life is supposed to be felt and today she can allow her feelings to flow much better. Kirstine has her own clinic and studio in Malmö - Balance Room where she work with Body therapy and embodiment (thought various disciplines)

Ansök på https://dansalliansen.se/index.php/w/266

Ledare	**Kirstine Ilum**
Startdatum	2023-09-11
Slutdatum	2023-12-11
Tider	09.00-10.00 (Måndag) v.37-50 (ej v. 44)
Antal dagar	13 dagar
Sista ansökningsdag	-
Plats	Danscentrum Syd
Adress	Bergsgatan 29