

INTACT METHOD

28 nov - 2 dec 2022

The method is generated through years of research, observation and adaptation to our current times, and based on breath, movement, emotion, thought, intention and environment.

Its main goal lies on enhancing humanness in its most raw and genuine form. This method creates a safe and honest place that embraces and acknowledges our inner world, both weaknesses and strengths, to learn how to use them through reflection and striving for further development.

It is an interconnected training system that utilises movement as a base to create, confront and play within crisis. It provides the timespace to get to know one's personal form and how to use the body to broaden the range of movement vocabulary.

As an holistic form, it is inspired by tools from specific lineages, such as breath, meditation and the inner mechanics of yogi principles, while also utilising the movement and philosophies from kalari payatt. This interwoven structure combines and rearranges these tools and ideas in a proposal for a new approach.

Rakesh Sukesh was born in Kerela india, from young age he has been exposed to yogic philosophies and practices from his family. He started his dance career as a Bollywood dancer with a dance company in India. Since 13 years, Rakesh has been working on developing a contemporary movement method called IntAct-Method - using Kalarippayattu and contemporary movement techniques, yoga assana, pranayama, energy work and psycholog He also works as freelance performer/ choreographer, collaborating with various artists and organization around the world. He currently lives in Brussels-Belgium dividing his time between Europe and Asia.

In 2020 Rakesh Sukesh become a Co- founder and director of Sanskar- Globle platform for performing art.

Ansök på https://dansalliansen.se/index.php/w/224

Ledare	**Rakesh Sukesh**
Startdatum	2022-11-28
Slutdatum	2022-12-02
Tider	13.00-17.00 (mån-ons+fre) 15.00-18.00 (torsdag)
Antal dagar	5 dagar
Sista ansökningsdag	2022-11-16
Plats	Klotet Dansenshus
Adress	Wallingatan 19