

KLEIN TECHNIQUE™

18 - 21 maj 2021

DANS ALLIANSEN

En möjlighet att prova på Klein Technique™ - online, tillsammans med Jannine Rivel, i ett arrangemang utav Dansalliansen och Danscentrum Väst.

Träningen är öppen för professionella dansare och skådespelare, men kräver föranmälan på doodle länk för att du ska få zoomlänk till aktuellt pass. Du kan anmäla dig direkt för hela veckan eller endast enstaka träningspass. Första passet den 18 maj är en introduktion till Kleintekniken och dess grunder.

https://doodle.com/poll/vt33z5p2szn98vst?utm_source=poll&utm_medium=link

Ange din aktuella mejladress. Länk till passet mejlas ut samma dag till den mejladress du angivit. Avanmäl dig direkt om du får förhinder.

Klein Technique™

In Klein Technique™ we work from the body's deepest, densest structure, the bones, and the muscles of postural support; the hamstrings, the psoas, the pelvic floor muscles, and the external rotators. When the bones become aligned and forces can move through us in relation to the floor/earth and space/heavens, we gain more strength and efficiency which can give us more possibilities and choices in our dancing as well as everyday movements. During these classes we will work from a body felt understanding with our deepest structure, the bones and the muscles of deep postural support and its relation to stillness and movement.

We will define and re-define some of the ideas and concepts specific to Klein Technique™ such as; connections, direction, initiation, thrust and counter-thrust, sequencing, balance, process and understanding. There will be time for practice as well as theory.

"Klein Technique™ is a process of discovery and rediscovery. It is ongoing and continual. It requires constant blending of theoretical information and experiential practice. It requires time. Like nature it is ordered and infinite in its discovery." Susan T. Klein

Foto: José Figueroa

Jannine Rivel has taught Klein Technique™ classes and workshops internationally since 2009. She has taught through professional organisations, dance companies and universities. www.janninerivel.com www.kleintechnique.com

Ansök på https://dansalliansen.se/index.php/w/124

Ledare	**Jannine Rivel**
Startdatum	2021-05-18
Slutdatum	2021-05-21
Tider	15.00-16.30
Antal dagar	4 dagar
Sista ansökningsdag	-
Plats	Online via Zoom
Adress	Online via Zoom