

PUZZLE WORK

14 - 18 nov 2022

- an endless body game for dancers. The purpose of the course is to give an insight into Puzzle Work.

Each of us has our own logic, our own limitations and our drive to move. The key is to find our own balance so that our bodies work the way we want them to without going overboard. Puzzle Work is a method that always allows you to be playful while dancing. Puzzle Work is a constant work in progress if we allow it to be, a never-ending process.

The purpose of the course is to give an insight into Puzzle Work. The method opens up and provides keys to an infinite variety of movement combinations and possibilities in each participant's individual movement vocabulary.
The aim is for you as a participant to get to know your personal movement vocabulary and then begin to challenge both the body and the brain with complex coordination and increased tempo to develop speed.

"I often come across dancers with a lot of talent and incredible potential, but also dancers who simply have a huge desire to grow, to develop their own dance and their personal skills. For years, I've been developing the Puzzle Work system, which has been instrumental in helping dancers unlock their potential." Anton Lachky

Anton Lachky, started to dance at the age of 5, in the folk dance company Maly Vtácnik. He continued his dance education at the J.L.Bellu Conservatory in Banská Bystrica, University of Bratislava followed by further training at P.A.R.T.S.
Anton became member of Akram Khan Company in March 2004 and toured for two years. He is co-founder of Les SlovaKs Dance Collective. He founded his own company in 2012.
His work brings together western educated dance, and shreds of eastern folk and pop culture. Read more: https://www.antonlachkypuzzlework.com

Ansök på https://dansalliansen.se/index.php/w/232

Ledare	**Anton Lachky**
Startdatum	2022-11-14
Slutdatum	2022-11-18
Tider	10.00-17.00 (måndag-fredag)
Antal dagar	5 dagar
Sista ansökningsdag	2022-11-06
Plats	Göteborgs Operan
Adress	Christina Nilssonsväg