

SOMATICS INTO DANCE EXPLORATION

8 - 11 jan 2024

In this workshop we will explore the implications of the Feldenkrais and Ilan Lev Method in our dance practice, how we can increase expressive capacity and extend the longevity of our bodies in movement as we tap into our innate somatic intelligence.

When we invite the spirit of curiosity and take on the role of an investigator, we discover how a small shift in perspective can transform our experience of movement profoundly. Through mechanical research, hands-on work and improvisational exploration, we will uncover the expansive potential of our physical form, maximizing efficiency as we drop effort.

Ilan Lev Method treatments, movement returns to parts of the body where communication has been cut off due to physical or emotional stress, facilitating the breakdown of suboptimal patterns and creating space for the discovery of new possibilities resulting in relief of pain, improved circulation and richer range of movement.

Feldenkrais is a somatic movement technique where we from a skeletal point of view work with inner movement and out. The method works with neuroplasticity and the idea that the brain can change through a practical approach and we work through often minimalistic movements in order to open for new chains of thoughts and movement, in order to break habits, spark, curiosity and balance our nervous system. It is injury-preventing, pain- and stress- reducing and can be used both for rehabilitation and as practice to sharpen once articulations and tools.

Sarah Stanley , is a dance artist and Ilan Lev Method practitioner based in Stockholm, https://www.sarahstanley.info/
Julia Kraus Dybeck, is a dancer, choreographer and Feldenkrais practitioner. www.julia-kraus.com

Ansök på https://dansalliansen.se/index.php/w/304

Ledare	**Julia Kraus Dybeck and Sarah Stanley**
Startdatum	2024-01-08
Slutdatum	2024-01-11
Tider	13.00-16.00 (måndag-torsdag)
Antal dagar	4 dagar
Sista ansökningsdag	2024-01-07
Plats	Dansalliansen Studio
Adress	Ryssviksvägen 2, 5 tr