

FELT SENSE FLOW™

1 - 5 sep 2025

En veckas fördjupad rörelseträning för scenkonstnärer arrangerad av Dansalliansen, Teateralliansen och Danscentrum Syd.

Felt Sense Flow™ (before called Embodied Movement) is a somatic movement method — but also a return.
A return to the innate intelligence that lives inside your body. Explored through sensing, breath, and intuitive movement. The practice combines elements of somatic therapy, breathwork, meditative presence, and free-form movement to support emotional release, nervous system regulation, and inner connection.

At the heart of Felt Sense Flow™ is the invitation to move from within — not to perform, but to listen. Each session offers space to explore what lives in the body: sensations, rhythms, impulses, tensions, emotions, and breath. By tuning into these inner signals, participants are supported in reconnecting with their body as a source of guidance, regulation, and transformation

Each class or session unfolds as a guided yet open process. Free movement sequences, pauses, somatic tools, and breath-based practices are offered to help participants regulate, feel, release, and reinhabit themselves.

Felt Sense Flow™ understands the body as a landscape that holds stories, stress, joy, and memory — and that healing often begins with what we feel long before we find the words. The practice gently meets participants where they are, with respect for pace, process, and personal boundaries.

Kirstine Ilum a professional dancer, choreographer and educator, I've worked across Europe for more than 15 years – always with the body as my primary tool for expression and transformation. Read more: kirstineilum.com (EN) / balanceroom.se (SE)

Ansök på https://dansalliansen.se/w/437

Ledare	**Kirstine Ilum**
Startdatum	2025-09-01
Slutdatum	2025-09-05
Tider	09.00-10.00 (mån-fre)
Antal dagar	5 dagar
Sista ansökningsdag	-
Plats	Danscentrum Syd
Adress	Bergsgatan 29