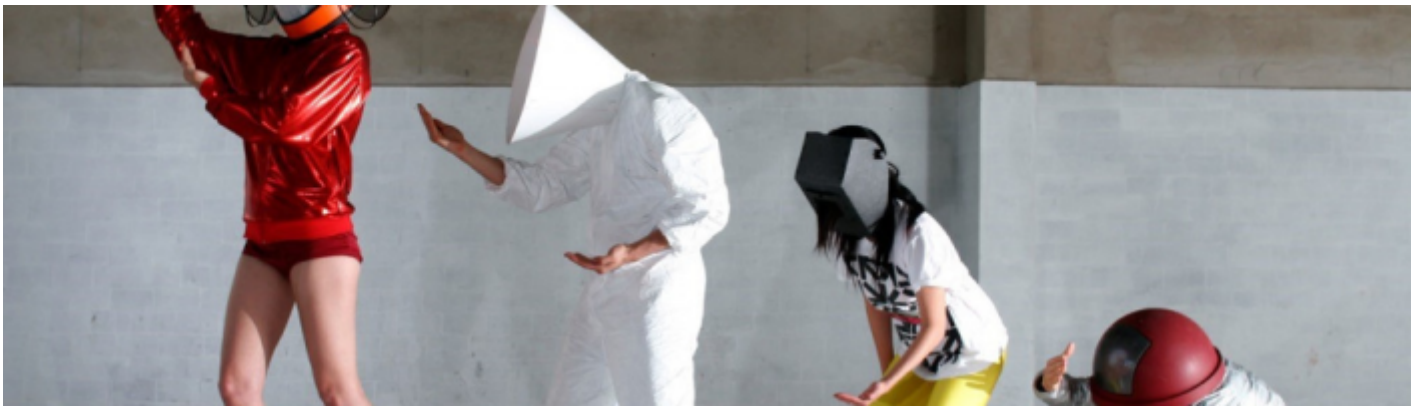


BREATHING BODIES MOVEMENT

6 - 10 sep 2021

DANS ALLIANSEN

The Breathing Bodies Movement method (BBM) explore our somatic structure and its harmonic-disharmony relation to our breathing system and our mental-physical creative zone.

BBM focus on somatic areas which we attend to often ignore and asks to bring them alive.The workshop focus on how do we use the air that we are breathing into our body? How can we improve, change the way we use the breath? How can we reach new creative spaces in the body? A simple jet complex question.

The method aimed to research for harmonized coordination between the body and the emotional system of dancers, actors and performers. **BBM** leads the body and the mind to search for(a honest) connection between the three elements:nervous system, breathing respiratory system and mind. As more as we reach the hidden spaces in the body that are not „breathing“ the more life we breathe into them, bring them alive, define our personal inner energy, inner rhythm, get rid of bad physical habits and redefine, refresh the identity of our living body.

With original exersises, de Volff's method stimulating freedom and honesty in the bodies of the individual. It reaches new creative areas, new energy end demands to neglect self judgement. While this method was designed to find greater range within a physical practice, through the participants exploration of this technique other byproducts may appear, whether that be social, or (positive) psychological effects.

De Volff’s style offers new dimension for movements, new exploration of the body „as we know it“. The method, the search for a total freedom of the muscles, leads participants to a new physical sensational and expand their borders. It alouds creativity to be daily explored in the studio with the notion of leaving behind limitations. The method fits all kind of people, body-type and age.

Nir de Volff was born and raised in Israel, there he study dance at Bat Dor academy in Tel Aviv In 2000 he moved to Amsterdam and started to create his own work at DWA center. In 2004 he moved to Berlin and created his first piece for Sophiensaele Tanztage festival. In summer 2007 he grounded his company **TOTAL BRUTAL**. Since then, the company has been working at Dock11 theater as a base, touring worldwide and creating international projects in metropolitan cities. WWW.TOTALBRUTAL.NET

Ansök på https://dansalliansen.se/w/139

Ledare	**Nir de Volff**
Startdatum	2021-09-06
Slutdatum	2021-09-10
Tider	10.00-16.00 (mån-fre) inkl pauser
Antal dagar	5 dagar
Sista ansökningsdag	2021-09-06
Plats	ccap studio
Adress	Körsbärsvägen 9nb