

COMPLEX SIMPLICITY

28 - 29 nov 2020

På grund av den ökande smittspridningen, nedstängningen i stora delar av Europa samt reserestriktioner är workshopen inställd. I dagsläget går det inte att boka nytt datum. Håll dig uppdaterad via våra nyhetsbrev, sociala medier och vår hemsida.

Through connecting to senses and imagination, recognising limits and learning how to deal with them. The physical guidance gives the dancers an understanding of their connection between mind and body in order to be in control of their own physical instrument and therefore continue growing creatively and technically and mentally.

Further into the workshop a game of images, situations, feelings, rhythm are use to create material. The physicality is built on fast rhythmical changes of emotions and Images. The movement language is expressive, fluent, sensual and earthy. The unique animalistic movement language that arises from the human instinct is Sita Ostheimer's particular and peculiar signature in dance.

Foto: Gilles Aguilar

Dansalliansen in collaboration with Kulturakademin and Danscentrum Väst

Sita Ostheimer

After finishing her study in Frankfurt, Germany, Sita Ostheimer joined MS Schrittmacher-Oldenburg, worked with Itzik Galili-Groningen and Krisztina de Chatel-Amsterdam. In 2008 she joined Hofesh Shechter Company. Since 2017 Sita is the Artistic Director of her company Sita Ostheimer Company based in Berlin and created work such as Molimo, Chasm, Us, and Two Human in pieces. With her workshops series COMPLEX SIMPLICITY she shares her philosophy and physicality world wide.

Ansök på https://dansalliansen.se/w/71

Ledare	**Sita Ostheimer**
Startdatum	2020-11-28
Slutdatum	2020-11-29
Tider	13.00-16.00
Antal dagar	2 dagar
Sista ansökningsdag	2020-11-01
Plats	Danscentrum Väst
Adress	Ärlegatan 3