# COUNTERTECHNIQUE® CLASS AND CREATIVE WORKSHOP

**27 - 30 nov 2023**

**Countertechnique® is a movement system to help the dancer think about the dancing body, focusing on the process of incorporating information into action.**

The technique provides tools for body and mind to deal with the demanding dance practice of the 21st century. Within a clear structure of exercises the Countertechnique® class thoroughly prepares the body for rehearsal and performance, enabling dancers to move bigger, more fluidly and more spatially, while becoming stronger and more flexible.  Countertechnique® was created and developed by Dutch choreographer, dancer and teacher Anouk van Dijk, former artistic director of Australian dance company Chunky Move.

Each day we will work on a theme of the day. This will be introduced in the class and then further explored in the workshop part through improvisation, games, creative tasks and compositions in groups and individually. Developing and expanding your own creative voice in a generous and joyful dialogue with the other participants. The themes will be inspired by some of the principles and tools of Countertechnique® and draw from fundamental knowledge dancers rely on in their work as well as my huge interest in the use of voice and breath.
**Photo: Pippa Samaiya**

**Anette Jellne** trained as a dancer at The Royal Ballet School in Stockholm and received acting and pedagogical training at The Stockholm University of the Arts. She started her career as a freelancer before becoming a company member of Skånes Dansteater between 2006-2022, where she has worked with numerous choreographers; Alexander Ekman, Marina Mascarell, Alan Lucien Øyen, Örjan Andersson, Angelin Preljocaj, Jo Strømgren, Ben Wright and Susanna Leinonen to name a few. Since 2018 Anette has been the Artistic Director of SpaceTimeLab and today she divides her time between creating work for the stage, teaching and working as a dancer and actor.

**Ansök på https://dansalliansen.se/w/289**

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| **Ledare** | **Anette Jellne** |
| **Startdatum** | 2023-11-27 |
| **Slutdatum** | 2023-11-30 |
| **Tider** | 13.00-17.00 (måndag-torsdag) |
| **Antal dagar** | 4 dagar |
| **Sista ansökningsdag** | 2023-11-23 |
| **Plats** | Dansalliansen studio |
| **Adress** | Ryssviksvägen 2, 5tr |