

EMBODIED AWARENESS

7 - 11 sep 2020

In the workshop we are focusing on different methods how to identify new layers of understanding - how to embody a movement within a dancer

A workshop in collaboration between Dansalliansen and Danscentrum Syd

The class of Helena Franzén is release based and the focus is on the body and the possibilities of movement within everyone. Floor work and inspirations of yoga help us to find the center, the flexibilty and the ease.

During the class we pay attention to different qualities of movements, musicality, precision and presence.

The warmup is a preparation to a longer phrase material where we play with different ways of exploring the dynamics, the spatial awareness, and the musicality. Spatial and physical challenges are all a part of the joy of moving together!

In the workshop we are focusing on different methods how to identify new layers of understanding-*how toembody a movement within a dancer…*

We ask questions how to trace the imaginative, spacious and energy- filled body.

How does the movement material speak to our sensory body?

In the practice we embrace details in qualities, how to take charge and finally how to give in to the sensory intelligence provided by the body as a whole.

A tribute to pure delight of the dancing body!
Foto: Håkan Jelk

“A foot that smiles, a hand that can weep- well, the dance is not only an art of time and space, it also is the art of the consciously lived and fulfilled moment, not different in the studio from onstage” Mary Wigman

www.helenafranzen.se

Ansök på https://dansalliansen.se/w/85

Ledare	**Helena Franzén**
Startdatum	2020-09-07
Slutdatum	2020-09-11
Tider	Daglig träning 10.00-11.30 Workshop 11.35-16.00 (inkl lunchpaus)
Antal dagar	5 dagar
Sista ansökningsdag	2020-08-23
Plats	Danscentrum Syd
Adress	Bergsgatan 29