

EMBODIED MOVEMENT - Daily training for dancers and actors

10 okt - 12 dec 2022

Dailey training for dancers and actors in collaboration with Teateralliansen and Danscentrum Syd, every Monday from 10 October to 12 December (except week 44) Free of charge and Drop in

Embodied movement is about exploring, sensing and listening. An embodied and explorative improvisation based practise, bringing in elements from yoga, authentic movement, Breathwork and the felt experience of being a human body.

In this series of morning practise you are invited to journey into the rhythm of your own body. Allow yourself to explore and play and allow the practice to become a call to come home to yourself.

Breathing is of great importance for our ability to feel our body and our inner emotional life. It is the gateway to our emotions and the connection between body and mind that connects the conscious and the unconscious in us.

Movement nourishes our entire system, our muscles and our skeleton. Movement nourishes our emotions and helps what is stagnant to move. Movement creates life, flow and joy. From our feet, to our organs, to our nervous system, to the soul and to the brain and all the way back.

“Our bodies are amazing, and I believe in healing and health through movement, stillness, laughter, curiosity and love. Resources that are within all of us. ”
Kirstine Ilum

About Kirstine and why she work with embodiment
Dancing, movement and meditation have always been a big part of my life. For more than 15 years, with the whole of Europe as my workplace, I have worked as a professional dancer, project manager, choreographer and educator.

Ansök på https://dansalliansen.se/w/228

Ledare	**Kirstine Ilum**
Startdatum	2022-10-10
Slutdatum	2022-12-12
Tider	08.30-09.30 (Monday)
Antal dagar	9 dagar
Sista ansökningsdag	2022-12-12
Plats	Danscentrum Syd
Adress	Bergsgatan 29