

EMBODIED MOVEMENT

29 jan - 15 apr 2024

Dailey training for dancers and actors in collaboration with Teateralliansen and Danscentrum Syd, week 5-15, Mondays 09.00-10.00. (Except week 7 and 14) - 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.

Today **Kirstine Ilum** have her own clinic and studio in Malmö - Balance Room where she work with Body therapy and embodiment (thought various disciplines) In addition to this - She is also part of the teaching team at TOTUM - The School of Body Therapy in Copenhagen and Malmö

Ansök på https://dansalliansen.se/w/315

Ledare	**Kirstine Ilum**
Startdatum	2024-01-29
Slutdatum	2024-04-15
Tider	09.00-10.00 (måndag)
Antal dagar	10 dagar
Sista ansökningsdag	-
Plats	Danscentrum Syd
Adress	Bergsgatan 29