FELDENKREIS METHOD/ AWARENESS THROUGH MOVEMENT®

11 - 15 sep 2023

The Feldenkrais Method® is learning to learn from ourselves to become connoisseurs of our possibilities. Awareness through movement®/Contemporary ballet, or just shifting through classical form...

Feldenkrais® guide you to play with some unusual movements to see if there are strategies of moving that are easier, more effective, more wholesome, and more pleasurable. See how by refining the ability of your nervous system to manoeuvre your skeleton, you're refining the very process of taking efficient action. More understanding and increasing your neuromuscular possibilities can be helpful for injury prevention, performance enhancement, and artistic vitality. Would you have more sensation to think with, more thoughts to feel with, more feelings to sense with, or perhaps your internal language takes on another dynamic?

Contemporary ballet, or just shifting through classical form...
Paul would like to open up the ballet class as a free space to play with options to enrich your artistic voice/expression and enhance your technical ease. Ballet class, for me, is an improvisation within the parameters that define its style. Ballet can be more than just turning out, and instead, be a dance that is weaved from the quality of your personal choices - your artistry.

The workshop is made possible through Dansalliansen and Cullberg.

Paul Pui Wo Lee is a certified Feldenkrais practitioner and Jeremy Krauss Approach (JKA) practitioner and therapist, who currently serves as the rehearsal director and choreographic assistant at Of Curious Nature, a contemporary dance company. Paul is passionate about helping artists gain a sharper, embodied understanding about their personal movement possibilities to enrich the breadth of their technical and artistic palette. In this way they may expand their security and freedom of their performance from cultivating a healthier and more sustainable practice.

Ansök på https://dansalliansen.se/w/269

Ledare	**Paul Pui Wo Lee**
Startdatum	2023-09-11
Slutdatum	2023-09-15
Tider	12.30-16.00 (måndag-fredag)
Antal dagar	5 dagar
Sista ansökningsdag	2023-08-30
Plats	DA Studio
Adress	Ryssviksvägen 2, 5 tr