

FROM FELDENKRAIS TOWARDS DANCE

23 - 25 apr 2024

Antoinette Helbing shares her approach towards using the Feldenkrais method as point of departure for movement practice. Creating situations where the concrete meets the poetic - where the spheres of sensation and imagination meet, collide and intertwine.

Each session will start with a Feldenkrais Awareness Through Movement (ATM) lesson. ATM lessons are one of the two teaching formats of the somatic learning method Feldenkrais - which practices embodied self-reflection through movement. The method has a non-goal approach - inviting for playfulness and curiosity. No specific result is expected to be reached by the end of the lesson - the one and only purpose is developing a more nuanced awareness of the execution of basic movements - which is surprisingly complex.

The participants explore basic movement patterns in unfamiliar configurations - observing and unravelling patterns of movement, thought, emotion and action. Seeking pleasure and giving time. The participants are encouraged to acknowledge and welcome their current level of ability, to let go of unnecessary effort and to practise care and softness towards themselves.

Antoinette Helbing is choreographer, dancer and member of the artist-run platform Dance Cooperativ. She divides her time between creating works, performing, teaching and her practice within the Feldenkrais method.

The workshop is in collaboration with Danscentrum Syd.

Ansök på https://dansalliansen.se/w/316

Ledare	**Antoinette Helbing**
Startdatum	2024-04-23
Slutdatum	2024-04-25
Tider	11.15-16,15 (tisdag-torsdag)
Antal dagar	3 dagar
Sista ansökningsdag	2024-04-10
Plats	Danscentrum Syd
Adress	Bergsgatan 29