IMPROVISATION

4 - 7 nov 2024

The workshop combine somatic practices and improvisation with speech, writing, drawing and object manipulation.

Julie Nioche propose to share the practices she go through to be available for creative work and adaptation in transmission and project work engaged in fields other than that of culture.

The workshop are an opportunity to share certain creative processes, all based on improvisation. It will also be an opportunity to share your own practices and pool our experiences around the projects we do in social environments.
I'd like to share tools for developing inter-knowledge and mutual support between artists to continue to create corporally and socially committed artistic projects.

The daily practices Julie go through regularly are; Yoga crossed with anatomical details from osteopathy. A variety of touch practices from different techniques such as osteopathy, Thai and Kalari massage. Visualization to enter a modified state of consciousness and stimulate improvisations. Game-like practices etc.

Workshopen sker i samarbete mellan Dansalliansen, RTV och Danscentrum Väst
Samtalet sker i samverkan med Kulturakademin.
Måndagens klass ges i samarbete med Språng, Danskompaniet Spinn och RTV.

Julie Nioche is a choreographer, dancer and osteopath.
http://individus-en-mouvements.com. Photo: **S Gressin**

Ansök på https://dansalliansen.se/w/359

Ledare	**Julie Nioche**
Startdatum	2024-11-04
Slutdatum	2024-11-07
Tider	Daglig träning 10:15-11:45 i Spinnstudion (måndag) 10:15-11:45 Ärlegården (tisdag-torsdag) Workshop 13:00-15:00 (tisdag) 13:00-15:00 (torsdag) Samtal 17:00-19:00 (onsdag)
Antal dagar	4 dagar
Sista ansökningsdag	2024-10-30
Plats	Spinnstudio/Danscentrum
Adress	Järntorget 7, 1 tr / Mellangatan 1B (tillgänglig entré)/Ärlegatan 3