

KLEIN TECHNIQUE™ - Workshop

2 - 6 maj 2022

En möjlighet att prova på eller fördjupa sig i Klein Technique™ tillsammans med Jannine Rivel. Inga förkunskaper krävs.

In Klein Technique™ we work from our body's deepest, densest structures, the bones, and the deep muscles of postural support; the hamstrings, the psoas, the pelvic floor muscles, and the external rotators. When the bones become aligned and forces can move through us in relation to the ground and space, we gain more strength and efficiency which opens up for more choices in our dancing.

During this five day workshop we will work with a body felt understanding from our bones, our deepest structure., to align our bones with the muscles of deep postural support. We will define and re-define ideas and concepts specific to Klein Technique™ such as; connections, direction, initiation, thrust and counter-thrust, sequencing, balance, process and understanding. There will be time for practice as well as theory and dancing.

"If we become process oriented by staying in the now we transform any process into small discrete steps (and the beginning goal can remain in a changing state). We want a technique that is strong on process not form. Process transcends time, teaches patience and rests on the solid foundation that embodies total trust in our unfolding potential." - Susan T. Klein

Jannine Rivel has taught Klein Technique™ classes and workshops internationally since 2009. She has taught through professional organisations, dance companies and universities. www.jannineriveL.com

Photo: **Pavel Heidler**

Ansök på https://dansalliansen.se/w/184

Ledare	**Jannine Rivel**
Startdatum	2022-05-02
Slutdatum	2022-05-06
Tider	Workshop 10.00-16.00
Antal dagar	5 dagar
Sista ansökningsdag	2022-04-18
Plats	SITE studio
Adress	Mårbackagatan 11, Hus H