

CONDITIONING CLASS

7 - 11 aug 2023

För tionde året i rad presenterar Dansalliansen ÖPPEN SOMMARTRÄNING som är utan kostnad för professionella frilansdansare och ingen föranmälan krävs. Den öppna sommarträningen genomförs i samarbete med Danscentrum Stockholm.

Conditioning class for dancers incorporating Pilates, Giro and yoga, concluding in improvisation
The aim of each class is to give dancers a full body training that will prepare them for getting back after the summer break and for up comming rehearsals or performances. Classes begin focusing on opening and releasing of the body's fascia and major muscle groups through movement and flow exercises, followed by key core and strengthening mat work exercises that will support injury prevention and aid technical development.

Each class will conclude with an improvisation that is an opportunity to explore and enhance our range of dancing skills. The focus for each day will be slightly different but equally familiar.

Gwyn Emberton, dance artist with many hats as a choreographer, producer, dramaturg, rehearsal director and teacher since 1999. Based in Malmö, Sweden and Wales, UK. Artistic Director of Jones the Dance and freelance maker and shaker.

After performing with several of the major choreographers and companies from the UK and Israel, including Akram Khan, Matthew Bourne, Jasmin Vardimon, Scottish Dance Theatre, and Inbal Pinto, Gwyn returned to Wales to form his own company, Gwyn Emberton Dance. Since then, the company has fast become one of the leading contemporary dance theatre companies from Wales, with work being performed extensively across Wales, the rest of the UK, Europe and the Middle East.

Ansök på https://dansalliansen.se/w/272

Ledare	**Gwyn Emberton**
Startdatum	2023-08-07
Slutdatum	2023-08-11
Tider	12.00-14.00 (måndag-fredag)
Antal dagar	5 dagar
Sista ansökningsdag	-
Plats	DA Studio
Adress	Ryssviksvägen 2, 5tr