

SOMMARTRÄNING - KLEIN TECHNIQUE™

12 - 16 aug 2019

During the week we will focus on the idea of moving from our deepest structural and energetic tissue, the bone, and emphasize the muscles of deep structural support the psoas, the hamstrings, the pelvic floor muscles, and the external rotators.

We will work with a body-felt understanding of how these muscles bring the bones into alignment, and a place of connectedness, which leads to power and efficiency of movement. Concepts like letting go, connections, initiation, sequencing, thrust and counter thrust will be pivotal and worked as well.

Klein Technique™ is a process of letting go of old patterns that are no longer useful and replacing them with essential knowledge of connected power throughout the body. Students of all levels of practice will gain insight into their movement patterns and habits and gain a greater internal understanding of their bodies. This work leads to true power, strength, efficiency and choices in movement. -Susan T. Klein, www.kleintechnique.co

Jannine Rivel - Certified Teacher of Klein Technique™ Jannine teaches both Klein Stretch and Placement Classes and Intensive Workshops in Klein Technique™ in Sweden and internationally. She has taught workshops and classes for professionals organizations, dance companies, universities ,dance alliances and more. As a choreographer, Jannine produces her own work and enjoys working and dancing in collaborations with movement based artists and performers. Jannine is interested in the endless movement possibilities the body offers and the relationship between stillness and movement. www.janninerivel.com

OBS! Träningen är öppen och utan kostnad för professionella frilansdansare och ingen föranmälan krävs och arrangeras i samarbete med Danscentrum Väst.

Ansök på https://dansalliansen.se/w/57

Ledare	**Jannine Rivel**
Startdatum	2019-08-12
Slutdatum	2019-08-16
Tider	10.00-12.00
Antal dagar	5 dagar
Sista ansökningsdag	2019-08-16
Plats	Danscentrum Väst
Adress	Ärlegatan 3