

Carl Thorborg

# IMPROVISATION, FLOOR WORK and REPERTORY

18 - 22 aug 2025



**För tolfte året i rad presenterar Dansalliansen ÖPPEN SOMMARTRÄNING i samarbete med Danscentrum Väst som är utan kostnad för professionella frilansdansare och ingen föranmälan krävs.**

**Måndag + Onsdag: 10:00-12:00**

**MIGUEL DUARTE** After graduating from the National Conservatory of Lisbon, Miguel joined the Nederlands Dans Theater where he danced for four years. He then worked as a freelancer with the Hofesh Shechter Company for two years before joining the GöteborgOperans Danskompani in July 2021.

An improvisation class that aims to bring the participants' focus to the connection with their bodies, explore different ways of accessing movement and encourage the experience of new patterns and physicalities. Drawing from a variety of methods and practices developed by different artists, this class offers an opportunity to experience our range and potential for movement in an accessible and generous manner.

**Tisdag: 10:00-12:00**

**AUGUSTE PALAYER** was born in France (2001) and grew up in Spain. He trained for 5 years at Rosella Hightower in Cannes and at the age of 18 he joined the Nederlands Dans Theater 2 for three years. He is now part of the GöteborgsOperan Danskompani since 2022.

During the class we will focus on repertoire from GöteborgsOperan Danskompani, and explore different creative tasks used during the respective creation process.

**Torsdag: 10:00-12:00**

**ANNA OZERSKAIA** Born and raised in St Petersburg (Russia), where I started my professional journey. At the age of 25 I moved away, first to Israel, to work with Kibbutz Contemporary Dance Company and then to Sweden. I worked in Skanes Dansteater at first, but for the last 10 years I am dancing in Gothenburg Opera's Dance Company,

*"I propose a floor work, phrase based class. Starting with a softening shake, we focus on listening to the body and loosening it, switching on an observing mind. Following phrases are built around some principals, allowing to work with the floor in a safe and organic way, steadily increasing centre and muscle engagement and dynamic.*

*Being inspired by a few different methodics, I build my class with lots of attention to the basic principles, softness and efficiency. Giving to it my own creative artistic vision I hope every dancer after my class would get some useful technical tools."*

OBS! Träningen är öppen och utan kostnad för professionella frilansdansare och ingen föranmälan krävs.

Öppen Sommarträning sker i samarbete mellan Dansalliansen och Danscentrum Väst

**Ansök på <https://dansalliansen.se/w/423>**

<b>Ledare</b>	Miguel Duarte, Anna Ozerskaia och Auguste Palayer
<b>Startdatum</b>	2025-08-18
<b>Slutdatum</b>	2025-08-22
<b>Tider</b>	09.30-11.30 (mån-fre)
<b>Antal dagar</b>	5 dagar
<b>Sista ansökningsdag</b>	-
<b>Plats</b>	Danscentrum Väst
<b>Adress</b>	Ärlegatan 3