

STREAM-FLOW METHOD

20 - 24 jan 2020

A unique and constantly evolving tool for dancers using visual imagery and tactile exercises to help release the body and heighten awareness on many levels.

From simple ball imagery exploring inner and outer body, to delicate touch guidance, causing an array of dynamics, from extremely fragile to surprisingly powerful. Ideal for braking habitual movement patterns.

Heidi's Stream-Flow method has been recognised as an effective somatic movement method that focuses on developing the individual. It has been featured in a recent publication for dans practices amongst dance institutions throughout Europe. Practicing Dance, A Somatic orientation: http://www.logos-verlag.de/cgi-bin/engbuchmid?isbn=4213&lng=deu&id=How the pursuit of Accessing the individual led me to Stream-Flow: Heidi Vierthaler

Heidi's interest lies in discovering a deeper knowledge of the body's possibilities for the benefit of others and to continue developing her own distinctive movement language. Stream-Flow is an effective and creative approach to bridging different dance forms. The focus of the classes will be on integrating heightened inner and outer awareness as the foundation of endless initiations and physical organisations. We will work on separating the body into small sections from joint to joint and space to space. We'll also work on movement phrases that will allow for surprising initiations, and a richer result with less effort and a rich pallet of dynamics.

Heidi Vierthaler började sin karriär hos Pacific NW Ballet i Seattle. I mitten av 90-talet började hon undervisa och påbörjade sin europeiska danskarriär, med bland annat arbete med Ballet Frankfurt, The Forsythe Company och Göteborgs Danskompani. Hon skapar även egna koreografier och har undervisat på kompanier och festivaler runt om i Europa.

The workshop is done in collaboration between Dansalliansen and Danscentrum Syd.

Ansök på https://dansalliansen.se/w/65

Ledare	**Heidi Vierthaler**
Startdatum	2020-01-20
Slutdatum	2020-01-24
Tider	Träning 09.30 - 11.00 Workshop 11.30 -16.00
Antal dagar	5 dagar
Sista ansökningsdag	2020-01-18
Plats	Danscentrum Syd
Adress	Bergsgatan 29