

STREAM-FLOW Method and the discovery of ‘forgotten places’

28 - 29 okt 2023

A slow, quiet and deep exploration into unleashing new pathways with in the body. Focusing more on what it feels like, rather than what it looks like.

"Heidi’s stream - flow method has an intuitively progressive guidance that allows me to discover a sense of full body freedom and interconnection. Through imagery and sensation it provides an in-depth look at how each part of the body, when examined clearly and simply, can be a catalyst for naturally occurring, complex movement. "After taking the class, I feel new movement channels open in my body and a heightened awareness for what it means to be fully present in my own movement research." // A description of Stream-Flow classes from dancer Scott Fowler

The participants will be focusing on everyday tasks and habitual movement patterns with a stream-flow twist. Stream Flow Method

Photo: Samuel Neeter

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.

Ansök på https://dansalliansen.se/w/283

Ledare	**Heidi Vierthaler**
Startdatum	2023-10-28
Slutdatum	2023-10-29
Tider	10.00-14.00
Antal dagar	2 dagar
Sista ansökningsdag	2023-10-15
Plats	Dansalliansen Studio
Adress	Ryssviksvägen 2, 5 tr