

TALK THROUGH YOUR BODY

26 - 28 sep 2022

Dance, is able to awaken imagination in the spectator, stir emotions, it can enshrine values and communicate things that cannot be communicated in words.

The basic building block in training is to understand the body through imagination. In this way we are able to reveal in the body many various movement qualities and principles, to find a specific dynamic, coordination and chiefly inside logic. My work strives to achieve the maximum kinetic possibilities in a person's body without needless muscle tension and stres, develops plasticity, musicality, the ability to react to initiatives and impulses, we learn to listen to our own intuition, perceive the space around us and listen to the others.

An integral part of the workshop is partnering, where use of the mentioned principles, the perception of the partner and absolute trust lead to perfect coordination.Thanks to an understanding of physical patterns partnering can become a logical and powerful tool of communication. Limits of balance, manipulation, reactions and listening form parts of partnering and move dance on to a magical level. During workshops we enrich a person's own kinetic possibilities and the borders of physical and mental conception of dance. We ask the question what dance means to us and what attracts us to it, what purpose training serves, where a performer's own interpretation of dance begins. What role does a physical action and dance play when communicating an idea or creating a theatrical situation.

We will work individually, in partnering, we try to touch theatrical situations through physical action, ... We will "talk through our bodies".

The workshop is made possible thru a collaboration between Dansalliansen and Danscentrum Syd.

LENKA VAGNEROVÁ is founder and director of the Lenka Vagnerová & Company dance theatre (2012), for which she has choreographed and directed a number of internationally acclaimed performances.

Ansök på https://dansalliansen.se/w/204

Ledare	**Lenka Vagnerova**
Startdatum	2022-09-26
Slutdatum	2022-09-28
Tider	09.30-11.00 (daglig träning) 11.15-16.00 (workshop)
Antal dagar	3 dagar
Sista ansökningsdag	2022-09-25
Plats	Danscentrum Syd
Adress	bergsgatan 29