

TISDAGS TRÄNING - EMBODIED MOVEMENT

15 mar - 26 apr 2022

Tuesday training for dancers and actors in collaboration with Teateralliansen and Danscentrum Syd, 15/3-26/4, 2022. Registration is on site.

Embodied movement is about exploring, sensing and listening. An embodied and explorative improvisation based practise, bringing in elements from yoga, authentic movement, Breathwork and the felt experience of being a human body.

In this series of morning practise you are invited to journey into the rhythm of your own body. Allow yourself to explore and play and allow the practice to become a call to come home to yourself.

Breathing is of great importance for our ability to feel our body and our inner emotional life. It is the gateway to our emotions and the connection between body and mind that connects the conscious and the unconscious in us.

Movement nourishes our entire system, our muscles and our skeleton. Movement nourishes our emotions and helps what is stagnant to move. Movement creates life, flow and joy. From our feet, to our organs, to our nervous system, to the soul and to the brain and all the way back.

About Kirstine and why she work with embodiment

Dancing, movement and meditation have always been a big part of my life. For more than 15 years, with the whole of Europe as my workplace, I have worked as a professional dancer, project manager, choreographer and educator.

Since my body has always been my primary work tool, and that I as a dance artist have often been drawn to more extreme physical expressions. I started practicing Yoga in the late 90's. I quickly developed a loving and profound relationship with Yoga, meditation and Breathwork.

Today I have my own clinic and studio in Malmö - Balance Room *where I work with Body therapy and embodiment (thought various disciplines) In addition to this - I am also part of the teaching team at TOTUM - The School of Body Therapy in Copenhagen and Malmö*

Ansök på https://dansalliansen.se/w/163

Ledare	**Kirstine Ilum**
Startdatum	2022-03-15
Slutdatum	2022-04-26
Tider	08.30-09.30 (tisdag)
Antal dagar	7 dagar
Sista ansökningsdag	-
Plats	Danscentrum Syd
Adress	Bergsgatan 29