

MÖTE MED GYROKINESIS OCH LIBBY FARR

22-26 AUGUSTI 2016

Öppen för: Professionellt yrkesverksamma dansare.

Tidpunkt: Gyrokinesisträning 10.00–11.30
Modern balettklass 12.00–13.30.

Efterföljande samtal 13.30-14.00 för dem som väljer båda klasserna

Plats: Danscentrum Stockholm studio, Jungfrugatan 7b, Stockholm

Workshopen genomförs i samarbete med Danscentrum Stockholm



2 x BODY EXPLORATION WORKSHOP

This is essentially a body exploratory workshop to see what changes in the dancers body from day to day. By beginning the class with Gyrokinesis™ the body/ mind of the dancer have already changed which allows different possibilities to happen. The aim of the workshop is no aim just to feel something different and allow the dancer to experience ballet in a new way. This workshop is directed to professional's dancers because the participants in the class need some knowledge in ballet for it to be interesting.

The Gyrokinesis™ class begins on a chair with a series of fluid spinal motions which increase range of motion, and prepares the body to explore more complex movements with agility, and ease. Class continues on the floor with exercises that expand on the spinal motions, gradually adding more complex sequences, incorporating more movements of the hips, shoulders, hands and feet. Gyrokinesis™ is a safe and systematic learning process developed by Juliu Horvath.

The Ballet Class: The ballet class evaluates and re-evaluates the dancers body with the objective to strengthen the awareness of his or her own natural alignment and experience in the setting of a ballet class meaning Barre and Centre practice. The Barre emphasises isolating, releasing the joints, and using that articulation to strengthen the dancer's core awareness and deepen their understanding of where the movement is initiated in the body to support a more functional body placement while at the same time rethinking the basic systems needed in the ballet vocabulary. The Centre practice challenges the dancer to use the new found information while using the ballet vocabulary as a tool when being confronted with shift of weight, change of direction and moving the body through space.

Libby Farr är utbildad klassisk dansare i USA. Hon har därefter arbetat på många olika kompanier både i USA och Europa innan hon fortsatte vidare till Theater des Westens i Berlin och Tanz Theater Skoroneel. Samtidigt som hon själv dansade började undervisa. I två år arbetade hon på Deutsches Nationaltheater Weimar och blev efter det balettmästare och assistent till Amanda Millers Pretty Ugly Dance Company. Hon är numera en regelbunden gästlärare på P.A.R.T.S i Belgien och SEAD i Österrike. Hon är en certifierad Gyrokinesis lärare.

Sista anmälningsdag är den 7 augusti 2016

Dansalliansen

