

COUNTERTECHNIQUE CLASS AND PRACTICAL TOOLS WORKSHOP

med Nina Wollny

I samarbete med Dansalliansen, Cullbergbaletten och Danscentrum Väst



Foto: Gregory Lorenzutti

Kursbeskrivning

“Counter technique is a movement system developed to help the dancer think about the dancing body, focusing on the process of incorporating information into action. Within a clear structure of exercises the Counter technique class enables dancers to move big and fluidly, while becoming strong and flexible at the same time. Dancers are encouraged to be proactive in discovering connections and solutions, to be less concerned with judging themselves and to work in a healthy and sustainable way.

In this workshop you will be introduced to principles and tools of the Countertechnique through a Countertechnique class.

The class starts with a recurring set of tasks and exercises, allowing dancers to investigate the Countertechnique principle in detail.

The second half of the class consists of changing components, working towards a flowing movement combination, where you will get to work more in depth with several of the tools through movement explorations, task work and awareness games and set repertoire material. We will also experience the tools through the exchange in partnering situations. Opening up to the information that is transferred through different channels when in communication with another person.”

Nina Wollny

Om kursledaren



Nina Wollny studied contemporary dance at the Rotterdam Dance Academy, Codarts, in the Netherlands. After her graduation in 2002 she joined the company anoukvandijk dc and has worked there as dancer, rehearsal director and artistic assistant for more than 10 years. Since 2004 Nina is a passionate teacher of the Countertechnique and is regularly teaching at dance academies, companies and studios for professional dancers around the world. She also teaches performers with various backgrounds like breakdancers, physical theater performers or actors. As one of the main teachers of Countertechnique she has contributed to the continuous development of the technique. Since 2012 Nina is performing and collaborating regularly with German choreographer Jenny Beyer at Kampnagel in Hamburg and in 2016/2017 she is featured in Anouk van Dijk and Falk Richter's latest collaboration Safe Places at the Frankfurter Schauspielhaus.

Period	28 och 29 januari 2017
Tid	10.00-16.00
Målgrupp	Professionella dansare och koreografer
Förkunskaper	Att du motsvarar Kulturakademin Trappans antagningskriterier Läs mer här
Språk	Engelska
Max antal	15

Plats Danscentrum Väst, Ärlegården, Ärlegatan 3

Sista anmälningdag 8 januari

Anmälan görs under "Anmälan" på www.kulturakademintrappan.se

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