

STREAM-FLOW WORKSHOP and audition exploring “Weightlessness”

med Heidi Vierthaler

I samarbete med Dansalliansen och Danscentrum Väst



Kursbeskrivning

Stream-Flow is a unique and constantly evolving tool for dancers and non-dancers alike, using visual imagery and tactile exercises to help release the body and heighten awareness on many levels. From simple ball imagery exploring inner and outer body, to delicate touch guidance, causing an array of dynamics, from extremely fragile to surprisingly powerful. Ideal for breaking habitual movement patterns.

Heidi's interest lies in discovering a deeper knowledge of the body's possibilities for the benefit of others and to continue developing her own distinctive movement language. Stream-Flow is an effective and creative approach to bridging different dance forms.

Kursupplägg

The focus of this workshop will be on integrating heightened inner and outer awareness as the foundation of endless initiations and physical organisations.

We will work on separating the body into small sections from joint to joint and space to space. We'll also develop phrases of movement that will allow for surprising initiations, and a richer result with less effort and a rich pallet of dynamics.

At the end, we will blend our personal experiences with new ideas allowing transformation and a different approach to creation. For the upcoming 3 day workshop we will be focusing on "Weightlessness" within our own bodies as well as within the group. The research period will remain open, and each day will follow the room to see where our group exploration takes us.

Heidi will be giving the workshop together with two of her dancers Luca Cacitti and Shay Partush from her company "Hato Projects", which is based in Amsterdam. Together they will select three dancers to continue with them on their two week residency, ending in performance September 29th at Cinnober Teater.

Stream-Flow:

Stream-Flow® method is a movement method developed by Heidi Vierthaler, and is the base for all of her teaching and choreographic works for companies and universities worldwide. It explores ones inner and outer body section by section leading to a more multidimensional body, and a higher level of overall awareness and sensitivity.

Her Stream-Flow method has been recognized as an effective somatic movement method, that focuses on the individual. Heidi´s foundation Hato Project in Amsterdam is the breeding ground for it's constant growth as well as the cross discipline collaborations. A new Handbook Publication for Somatic practices is soon to come out from Innolerntanz.eu, about how effective the method has been over the years with universities and companies worldwide.

Om kursledaren



As a dancer, Heidi Vierthaler has worked with some of the most prominent companies and choreographers throughout Europe and the US, including Ballet Frankfurt, The Forsythe Company, Ballet Dortmund, Tanzwerk Nurnberg, Ballet Chicago and Pacific NW Ballet. She

teaches and creates works for companies, festivals and universities worldwide. These include Cullberg Ballet, Gothenburg DansKompani, Carte Blanche, Skånes Dansteater, Compania Nacional de danza, Scapino Ballet Rotterdam, Het National Ballet, Random Dance Company, Modafe Festival Seoul, Soloist Festival Seoul, Kjung Hee University Seoul, Royal Swedish Ballet School, Codarts University, DAF Rome, Konservatorium Den Haag, Amsterdam University of the Arts, Palucca School Dresden, DOCH University Stockholm, Dansalliancen Sweden, Henny Jurriens Stichting Amsterdam, Dansgroep Amsterdam, Emio Grecco Ick Amsterdam, Akbank Sanat Istanbul, Seattle Dance Project, amongst others.

Heidi is Amsterdam based stichting "Hato Projects", focuses on the further development of her Stream-flow method, which has recently been recognised as an effective somatic movement method. Hato's cross discipline performances with industrial/fashion design and architecturally unique spaces, are frequently commissioned by "Droog Design" to create performances that fuse together design and dance. An up close cross discipline experience.

Projects is foundation directed by Heidi Vierthaler. Together with her close core of dancers, it focuses on the further development of Stream-Flow® method, and it's many cross discipline collaborations. Luca Cacitti and Shay Partush are the main collaborators in Heidi's work and all projects related to her Amsterdam based company "Hato Projects".

Vill du veta mer, gå gärna in på:

<http://www.heidivierthaler.com/teaching.html>

WWW.HEIDIVIERTHALER.COM



Luca Cacitti is a dancer from Italy who studied at the Rotterdam Dance Academy. Since completing his training he has worked with several choreographers and companies in The Netherlands and the rest of Europe. Currently he freelances in Italy, Germany, Switzerland and the Netherlands. Luca started his collaboration with Heidi Vierthaler in 2012 and since then they work closely on many projects, such as "Hato Projects" and is trained in her Stream-Flow method.



Shay Partush is an Israeli dancer living in Amsterdam. He trained and worked with major companies in Israel and The Netherlands. From 2011 he worked with different companies and choreographers in The Netherlands and in Europe. At the moment he is freelancing in Spain, Germany, The Netherlands and Israel. Shay collaborates with Heidi Vierthaler in workshops and performances, including her Stream Flow-based stichting "Hato Projects".

Period	15-17 september 2017
Tid	13.00-17.00
Målgrupp	Professionella dansare och koreografer
Förkunskaper	Att du motsvarar Kulturakademin Trappans antagningskriterier Läs mer här
Språk	Engelska
Max antal	20
Plats	Danscentrum Väst, Ärlegården, Ärlegatan 3
Sista anmälningdag	27 augusti

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

Kulturakademin Trappans aktiviteter är kostnadsfria och bedrivs med stöd från Kulturnämnden och Regionutvecklingsnämnden i Västra Götaland.