

SOMMARTRÄNING

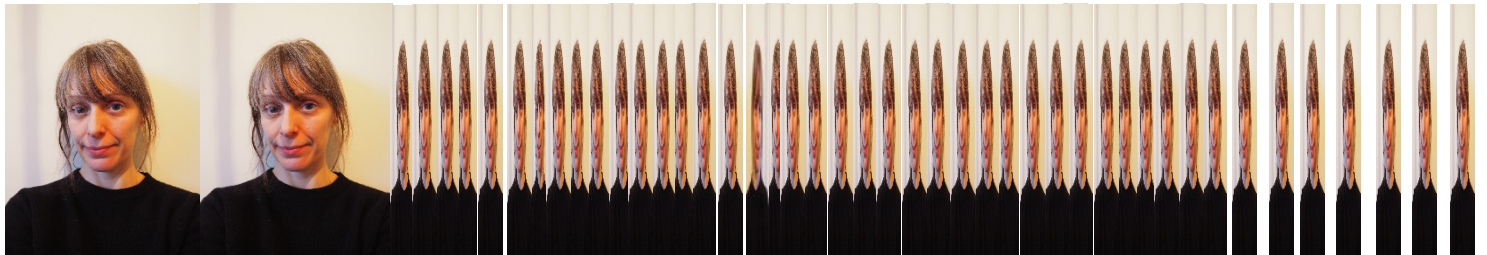
KLEIN TECHNIQUE™ MED JANNINE RIVEL

20–24 AUGUSTI 2018

Öppen för: Professionellt yrkesverksamma dansare

Tidpunkt: 10.00–12.00 (måndag - fredag)

Plats: Danzlagret, Fiskhamnsgatan 2C, Göteborg



KLEIN TECHNIQUE™ MED JANNINE RIVEL

During the week we will focus on the idea of moving from our deepest structural and energetic tissue, the bone, and emphasize the muscles of deep structural support; the psoas, the hamstrings, the pelvic floor muscles, and the external rotators. We will work with a body-felt understanding of how these muscles bring the bones into alignment, and a place of connectedness, which leads to power and efficiency of movement.

About Klein Technique

Klein Technique™ is a process of letting go of old patterns that are no longer useful and replacing them with essential knowledge of connected power throughout the body. Students of all levels of practice will gain insight into their movement patterns and habits and gain a greater internal understanding of their bodies. This work leads to true power, strength, efficiency and choices in movement. -Susan T. Klein, www.kleintechnique.com

Jannine Rivel became a member of the Second Teachers Certification Program in Klein Technique™ in August 2004 and received her Certification in Klein Technique™ from Susan Klein in February 2009. She teaches both Klein Stretch and Placement Classes and Intensive Workshops in Klein Technique™. www.janninerivel.com

OBS!

Träningen är öppen och utan kostnad för professionella frilansdansare och ingen föranmälan krävs