

# MÖTE MED MARGRÉT SARA GUDJÓNSDOTTIR

## 10-14 SEPTEMBER 2018

**Öppen för:** Professionellt yrkesverksamma dansare.  
**Tidpunkt:** 10.00-11.30 Daglig träning  
12.30–16.00 med kortare pauser  
**Plats:** Danscentrum Stockholm, Jungfrugatan 7b, Stockholm

**Workshopen sker i samarbete med Danscentrum Stockholm**



### FULL DROP INTO THE BODY

The professional classes and workshops I give offer an introduction to the sensation and state-oriented practice I've been developing for the last 8 years in relation to my choreographic work.

It focuses on deep fascial release through visualization. Aiming to guide participants towards a so-called *Full Drop* into the body, with focusing on training heightened listening and awareness of the multiple autonomous inner systems of the body. How to recognize them and eventually to allow them to move us. Letting go of the power of the will and be guided by the inner movements of our bodies.

A part of the work is therefore focused on releasing the professional dancer's 'outside eye' that observes, judges and separates the dancer from the inner experience, and to practice connecting to and getting conscious of that which goes on within, going beyond the conditioned movement vocabulary of our body memory. This process is healing, as well as an introduction to intensified and new sensorial physical experiences.

While the practice itself is gentle the decision to let go of control and thereby give into the body and allow it to move us versus us moving it is profound.

In the greater context this work offers an alternative way of approaching the body to those who work with it on a professional level and creates a space for non-manipulated movement exploration.

**Margrét Sara Guðjónsdóttir** was born in Reykjavík. She studied with the dance department of the HKF Art School in Arnhem and Amsterdam (NL), and graduated in 2002. With dancer and choreographer Sveinbjörg Þórhallsdóttir, Margrét Sara co-founded the production house Panic Productions in Reykjavík (IS), which was active from 2004 - 2009, and focused on producing and initiating collaborative performance works with international artists. Margrét Sara has toured internationally with her own work since 2010. As a performer Margrét Sara has worked with among others Gisele Vienne and Dennis Cooper, Erna Ómarsdóttir and Constanza Macras/DORKYPARK, Jan Fabre, Esther Salamon, and Angela Schubot. During the year 2015 Margrét Sara was an artist in residence at the Cullberg Ballet in Stockholm.

**Sista anmälningdag är den 2 september 2018**

E-posta ansökan, aktuellt CV och kort motivationsbrev till [anmalan@dansalliansen.se](mailto:anmalan@dansalliansen.se)

**Dans**alliansen

