

FELDENKRAIS®

16 - 20 augusti 2021

The Feldenkrais Method® is learning to learn from ourselves to become connoisseurs of our possibilities.

Feldenkrais® guide you to play with some unusual movements to see if there are strategies of moving that are easier, more effective, more wholesome, and more pleasurable. See how by refining the ability of your nervous system to manoeuvre your skeleton, you're refining the very process of taking efficient action. More understanding and increasing your neuromuscular possibilities can be helpful for injury prevention, performance enhancement, and artistic vitality. Would you have more sensation to think with, more thoughts to feel with, more feelings to sense with, or perhaps your internal language takes on another dynamic?

A good shot of awareness before the following contemporary ballet class…

The classes are made possible through Dansalliansen and Danscentrum Syd and open to professional freelancedancers and due to the pandemic you have to pre-registrat at this link https://doodle.com/poll/hpmn6bbvwevzvdc4

Paul Pui Wo Lee is a certified Feldenkrais practitioner and Jeremy Krauss Approach (JKA) practitioner and therapist, who currently serves as the rehearsal director and choreographic assistant at Of Curious Nature, a contemporary dance company. He graduated from Canada's National Ballet School before training at the Rotterdam Dance Academy. He has danced with IT Dansa and GöteborgsOperans Baletten before working as a freelancer.

Paul is passionate about helping artists gain a sharper, embodied understanding about their personal movement possibilities to enrich the breadth of their technical and artistic palette. In this way they may expand their security and freedom of their performance from cultivating a healthier and more sustainable practice.

Ansök på https://dansalliansen.se/w/128

Ledare	**Paul Pui Wo Lee**
Startdatum	2021-08-16
Slutdatum	2021-08-20
Tider	Feldenkreis® 10.00-11.30
Antal dagar	5 dagar
Sista ansökningsdag	-
Plats	Danscentrum Syd
Adress	Bergsgatan 29