

SOMMARTRÄNING/FELDENKREIS® FOR DANCERS

5 - 9 augusti 2019

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

It has become apparent to me that learning dance is not equal to learning efficient self-use, which is why I find it meaningful to share the Feldenkrais Method with dancers.

I will aim to teach two Feldenkrais Awareness Through Movement® (ATM®) lessons each day, with time after each lesson for freeflow improvisation to allow for your nervous system to integrate the new discoveries and a Q&A/sharing session. These ATM lessons offer a context outside the priorities and objectives of dance for you to explore and discover more collaborative ways of moving that reduce strain and can help you realise more practical ways of moving that can be integrated into your usual dance practice increasing your technique, precision, stability, expressive range, and overall joy of moving. The aim of Feldenkrais® is to increase your kinaesthetic sensitivity to develop an internal guide that helps your nervous system recognise sounder ways of moving and increase your personal authority to negotiate an improved balance between the principles and values of dance (notions of right and wrong) that you have been taught and the personal choices of moving that benefit your health and well-being.

Paul Pui Wo Lee is from Hong Kong and grew up partly in Canada. After graduating from The National Ballet School of Canada, he did a supplementary year of contemporary dance at the Rotterdamse Dansacademie in The Netherlands. Paul joined IT Dansa in Barcelona after graduation, and then he got the opportunity to dance at GöteborgsOperans Baletten. A neck injury led him to become a certified practitioner of the Feldenkrais Method®.

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

Ansök på https://dansalliansen.se/w/47

Ledare	**Paul Pui Wo Lee**
Startdatum	2019-08-05
Slutdatum	2019-08-09
Tider	Måndag-torsdag 12.00-14.00 Fredag 12.00-13.30
Antal dagar	5 dagar
Sista ansökningsdag	2019-08-04
Plats	Hallen Farsta
Adress	Mårbackagatan 11 (Hus O)