

Touch, breath, gesture _ A Somatic dance workshop

12 March 2016 Eindhoven

Registration / info: info@eindhovendanst.nl

In this workshop we will explore with curiosity and playfulness touch and breath as an entrance into dance improvisation. We will work in partners, collectively and individually through bodywork/shiatsu, contact dance, and improvisation to inquire into the physical and energetical dimension of touch and contact. Particular attention will be given to differentiate touch through the functional body systems such as skin, bones, muscle/fascia and respiration. This practice engages our creativity while developing new tools for improvised dances. The class will be followed by an improvisation jam.

The training is open for dancers of all levels, actors, bodywork practitioners, movement/art therapists, and curious individuals looking to deepen their experience of movement, improvisation and embodiment.

Kay Patru is a dance and movement improvisation teacher, choreographer, certified shiatsu therapist based in Amsterdam. His work focuses primarily on developing improvisation and somatic awareness tools designed to waken the innate intelligence of the body. He teaches regularly movement research and somatic awareness classes. www.kaypatru.net

