

Classes | Jams

Contemporary into Contact – 3 sessions

Where technique meets improvisation | For experienced dancers

During these sessions we train for ourselves, while I lead the training. This asks for self responsibility in the learning process. I will focus on the functionality of the body, using different contemporary dance techniques like floorwork, release and counter technique. The tools we will work with are: smoothly moving in and out of the floor, spirals, release and building strength. These tools will be explored in partnering as well.

4th, 11th & 18th of May

10.00-12.00

Dansplaats Arnhem

Underscore JAM

What is an underscore Jam? You might have heard this term before. We start the day with a lecture about the Underscore. I will share some information, which we integrate while dancing. Then we have a lunch break, to share food and digest the cognitive information. Afterwards we gather to have an underscore jam. We close the jam with reflection and sharing our experiences.

13th of June 12.00-17.00 with 1,5h break

Zuhause, Arnhem

CI Workshop PLAY

In this workshop I will share the basics of CI. We will work on listening to ourself and the body of the other. Practice how to move in and out of physical contact smoothly. I will also offer some basic techniques that will help you to go into weightsharing, lifting and being lifted.

11th of June

19.30-22.00

Sarvata, Nijmegen

Weekly Wednesday Class

Together with Alkis Barbas, I am teaching an open class in which we share our research within CI. Every month we research a different topic. Afterwards we have a delicious potluck together.

Every Wednesday

18.00-20.00

Vasim Circus Space, Nijmegen