

M 19 Training

Training

Further development and consolidation of acquired elements and movement coordination emphasizing the individual skills and the artistic presentation of material. Series of turns in grand poses with different starting points and an extended form of the Adagio will be taught. Battu technique will get more complex and jumps in dance combinations will challenge speed. The focus is on quality of movement and musicality.

Training Contemporary Dance

Continuation and consolidation of known elements and coordination of movement focussing on the development of individual skills of the students and the artistic organization of the material.

Workshops

Expanding the range of movement through different techniques and styles.

Laboratory

Elaboration and analysis of experience gathered in internships and process-oriented workshops.