

# AWARENESS through MOVEMENT-festival

9-14 April \* 2019

## Teachers & Practices

**Gaga** is the movement language that was developed by Ohad Naharin throughout many years, parallel to his work as a choreographer and the artistic director of Batsheva Dance Company in Israel.

Teachers guide the participants using a series of instructions that build on top of each other. Rather than copying a particular movement, each participant in the class actively explores these instructions with their own interpretation.

We welcome movement from the origin of listening to our bodies, and we explore different qualities such as soft, thick, speed and plenty of time to mention some of them. The classes offer a creative framework to experience the pleasure of movement in a welcoming, accepting atmosphere without mirrors and in comfortable clothes.



**Natalia Vik** is guiding the Gaga sessions. She received her dance education at Copenhagen Contemporary Dance School, Denmark. She also completed the Gaga Teachers Training Program in Tel Aviv in 2012. Natalia is now based in Oslo, Norway where she is teaching Gaga, and she is also offering workshops and retreats of movement practices around the world. She is the developer of ALEM, her

own movement practice that combines knowledge from her research over several years within fields such as contemporary dance, Gaga, improvisation, qigong and meditation.

See more of Natalia's work: <https://www.facebook.com/nataraja.dance.move/>

**Butoh** - text coming very soon!



**Hanna Noorberg** is guiding the Butoh sessions. She studied at the Nordic School of Butoh in Copenhagen. She is also an experienced massage therapist, educated in both healing massage and classical Swedish massage. She holds a Bachelor in Public Health and works to build bridges between the world of complementary therapies and western medicine.

She is also a co-founder and teacher of the therapeutic method Mindful Tapping.

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April 9-14, Origiva, South Spain

Before December 1st: 615 EUR

After December 1st: 715 EUR

Total price includes festival classes, lodging in shared room & 3 meals + complementary tea, water, coffee & fruit.

To read more & get your festival ticket,

go to [www.naturewise.dk](http://www.naturewise.dk)

**DANCEmandala** is a free form movement meditation developed by Areeradh K Tri-Siddha. In a session, you move through different layers of body, emotion, heart energy. There is guiding suggestions, but no steps - you are absolutely free to move as you please. The music follows a wave from subtle and soft through raw release and intensity, onwards to stillness and sensitivity. The meditative approach of observation and breath awareness is central through the whole wave – the format invites to be with whatever you sense & feel, as you move freely.

**Yoga Nidra** is a guided relaxation that also resembles meditation, visualization and hypnosis. It is designed to help the practitioner slow down their brainwaves and rest in a state of wakeful sleep - a deeply rejuvenating meeting point between different states of awareness.



**Sandra Grundstoff** is guiding the DANCEmandala & Yoga Nidra sessions. She was introduced to meditation at age 6 and fell in love with both Hatha Yoga and free form dance as a teenager. She has taught yoga and meditation since 1996 and facilitates DANCEmandala in Copenhagen on a regular basis.

Sandra also appears as [DJ Grundstoff](#) and will inspire you to integrate all the juicy movement of the week, at the dance party on the last evening!

Read more about Sandras work at [www.naturewise.dk](http://www.naturewise.dk)

**Structural Integration Yoga** is a light hearted practice that guides you into deeper awareness of every inch of your body, through yoga asana and breathing exercises. Focus is on becoming aware of movement patterns, disalignments and restrictions, and exploring how it is possible to move with and beyond these. In this slow and strong alignment based flow, you will stretch your fascia properly and will be given space to work on details in a personalized way, within the group setting.



**Chrell Kemnitz** is guiding the Structural Integration Yoga. He has been a professional bodyworker for 20+ years, offering Structural Integration Massage sessions and teaching yoga in Copenhagen. He is also training yoga teachers and teaching yoga anatomy since 2014.

With a background in fencing, cirkus & acrobatics, slackline, snowboard, qi gong and various kinds of manual work, he is a versatile and knowledgeable guide in the field of body and movement.

See more of Chrells work at [www.bodyalignment.dk](http://www.bodyalignment.dk)

**Skinner Releasing Technique** (SRT) has evolved from the simple principle that when we are releasing physical tension, we can move with greater freedom, power and articulation.

In SRB, spontaneous movement is evoked by guided poetic imagery, supported by music and sound. This enables a creative and easily accessible exploration of technical movement principles such as multi-directional alignment, suppleness, suspension, economy and autonomy.

As participants let go of habitual holding patterns, they are supported to cultivate an increasing sensitivity to their own physical and imaginative experience. The result can be a deeply embodied awareness of new possibilities in movement – as dancers, creators, and in daily life.



**Julia Adzuki**, who is guiding the SRB, is an artist and pedagogue working at the intersection of movement/dance, sound/listening, sculpture and participatory arts. Her work frequently explores the physicality of sound and sensory experience of resonance, with the body as an ear and memory. Julia is a certified teacher of the Skinner Releasing introductory pedagogy with an MA in Choreography

with a specialisation in New Performative Practices from DOCH / Stockholm University of the Arts. Since 2009 Julia has ongoing collaboration with Patrick Dallard as SymbioLab.

For more info; <http://juliaadzuki.com/> <https://skinnerreleasingnetwork.org/>

**Touched** offers a space to share touch, allow wordless connection and letting the bodies speak. Through exercises inspired from body work, theatre, intimacy work, and ritualised play spaces we investigate what kind of touch and movement makes us connect outward and inward, and how we can allow touch to touch us deeply.

Great emphasis is put on creating a safe space where it is fun and nice to explore.

We explore the bodily encounter with ourselves and others, and the curiosity towards how we bring freedom, intimacy, and creativity into this meeting.

We investigate how we accommodate ourselves and others when we meet, and how we invite intimacy into this meeting while feeling and respecting our own boundaries. That encounter is healing, and in it we create space to experience further aspects of what it means to be human.



**Line Bangsbo** holds the space for Touched. She has a background in yoga, acro yoga and theater and more, and has been teaching since 2008. The past six years she has held numerous courses, workshops and retreat in acroyoga, yoga, meditation, and thai yoga-massage and intimacy work amongst other things teaching Thai massage to groups of 4-50 people.

**Natural Movement** explores how we can relearn movement patterns and integrate movement into our everyday lives by challenging our understanding of movement and training. We will investigate how we can move with and around natural objects to create a strong, mobile and adaptable body and mind. In natural movement we explore our mental and physical boundaries through engaging with our surroundings in new and challenging ways. Meeting our limitations with a curious and kind attitude - welcoming them as movement-mysteries to be solved. The practice embraces the curves and uneven surfaces of nature as movement nutrition instead of a boundary for movement. In the sessions we will use nature as a guide and inspiration to support us in finding our own flow, and stop pushing ourselves to always move better, more and harder, and instead move from a place where we are in contact with our bodies, mind and spirit. We will cocreate a safe and relaxed learning environment where we support each other in experiencing and exploring rather than performing.



**Eya Ro Rosendahl** guides the natural movement. She holds a Bachelor in Psycho-Motor Therapy and teaches movement and relaxation in her everyday life. She has a strong passion for natural movement and parkour. Her current project, Move With The Cycles circles around creating a dynamic movement course for women in nature.

Read more on [www.eyaro.dk](http://www.eyaro.dk)

**More teacher presentations will be coming up soon!!**

**NOTICE: The teachers list and schedule details might be subject to change!**

[>> FULL SCHEDULE - PDF](#)