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PHYSICAL DAYS BERN

Workshop with Sonia Rodríguez
16 and 17 April 2022

11.00–16.30 Workshop
160 CHF

Interested?
Register at marcelleemann@gmail.com



NOTHING TO FEAR AND NOTHING TO DOUBT.

Workshop by Sonia Rodríguez

Every day we try to enjoy the moment, learning and following our way gathering our own experiences. The drive shaft of dancers and movers is our body, it is the tool where we explore movements to communicate and canalize our emotions. All external impulses influence our dance and manifest differently depending on our personality. Knowledge that we want to expand and share with others. In this workshop I would like to share my choreographic point of view, contribute ideas to reflect on our capabilities and limitations as a performer. I invite dancers and movers who want to experiment and transform our old patterns. It will be a continuous process, we will start with a Gyrokinesis® class as a warm up, it is a movement method that addresses the entire body, opening energy pathways, stimulating the lymphatic and nervous system, increasing the range of motion and creating functional strength, while massaging the internal organs through rhythmic, flowing movement sequences. It focuses on moving the spine in seven natural directions and the spiraling movements are smoothly and fluidly connected. Rhythmical breathing patterns provide the blood with fresh oxygen, and blocked energy is released. It is an original and unique method, which coordinates movement, breath, and mental focus. The second part we will bring our attention to more complex phrases combining different energetic qualities and different levels inspire in the idea of nothing to fear and nothing to doubt. The first objective is working our presence without fear, this will allow us to be honest with our feelings and inspiration, sharing with the group.

Some moments we will go through the improvisation to explore the free movement finding our own strategies to work our personality, crossing our limits.



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