

PROFESSIONAL DANCE CLASSES

COUNTERTECHNIQUE® WITH MARIKO KOH



DATES
27.03 – 31.03.2023

TIME
10:00 – 11:30

PLACE
BANANNEFABRIK

The **Countertechnique® class** is a contemporary dance technique class. It stretches, coordinates and strengthens the body, making the dancer sweat, build stamina and really move. The class starts with a recurring set of exercises, allowing dancers to investigate the Countertechnique® principles in detail. The second half of the class consists of changing components, working towards luscious movement combinations or jumping at the end. The Countertechnique® class results in dancers using less energy, losing their fear of taking risks and gaining speed in changing direction.

MORE INFORMATION AND REGISTRATION
WWW.DANSE.LU