

PROFESSIONAL DANCE CLASSES

CONTEMPORARY DANCE WITH BRIAN CA



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DATES
02.05 – 05.05.2023

TIME
10:00 – 11:30

PLACE
BANANNEFABRIK

In order to increase flexibility, velocity, control & quality range, the classes are built around explosive physicality, coordinations, impulsions that create momentum, circling of the articulations as gravitational points, and dynamic floor work, that lead into a powerful and ergonomic way of moving through space. The dance classes aim to bring the students in the « efficient use of their body » by bringing knowledge from a scientific and athletic perspective, including somatic practices into movement that help grow consciousness within neurological & physiological mechanisms.

MORE INFORMATION AND REGISTRATION
WWW.DANSE.LU