

# WORKSHOP MED TOBY GUNN

20 - 21 MAJ I UMEÅ

VAR - Balettakademien, Nygatan 43, Umeå

NÄR - Lör & Sön 20 - 21 maj 10.00 - 15.00 (inkl paus)

FÖR VEM - Öppet för yrkesverksamma dansare,  
koreografer och pedagoger\* (dansare under utbildning  
och stödmedlemmar, i mån av plats)

ANMÄLAN - Maila till [danscentrumnorr@gmail.com](mailto:danscentrumnorr@gmail.com)

WORKSHOPEN ÄR KOSTNADSFRI

\*medlemsskap i någon av danscentrums riksorganisationer krävs



## CLASS DESCRIPTION

We start with a few minutes "tune-up" for the nervous system and the connective tissue, employing various movements, touching-points and controls. By natural progression, depending on the needs of the class, we get semi-supine for a few minutes, taking a moment to notice and confirm the relationship between various aspects of the body and the floor, and playing with where certain movements can come from. Throughout the class we take the opportunity to explore how one can fold freely in the larger joints, lift, glide, take flight and return to the ground... with ease, awareness and direction. Where do we store momentum before re-directing it?

## THE DIRECTION OF FLOW, AND COLLECTING POTENTIAL ENERGY ARE KEY ELEMENTS

This is the kind of released technical work where we're not afraid to apply genuine effort, but only where it's needed – nowhere else. Elasticity, not least in the core of the body, and mellifluousness are in focus during the class. A feeling of being connected to the virtual and the actual. As a tool for expansion we ask questions, without trying to form answers! A series of shorter phrases develop naturally to become a longer phrase experience as time progresses.



Toby Gunn (ENG/ SVE)

Utbildad vid The Place, London samt på DOCH i pedagogik. Har studerat Alexander Teknik, somatiska praktiker och Martial Arts senaste 30 åren.

Har arbetat med Ricochet Dance Co.; Russell Maliphant; Eva Lundqvist; Wayne McGregor; Charlie Morrissey & Becky Edmonds; Jane Dudley & Sophie Maslow; Javier De Frutos; Mona Økland; Noa Wertheim & Adi Sha'al; Yolande Snaith. Samt drivit egna koreografiska projekt i England och Sverige sedan 90-talet.

Gästlärare för professionella i flertalet länder. En av tre huvudlärare och grundare av dansprogrammet på Kävsta Folkhögskola.