

WORKSHOPS 2016

Level: Advanced / Profi
Cost: 15,- € per workshop
Reservation: munich.dancePAT@gmail.com

Saturday Nov 19. | 10hr - 13hr | From Tai-Chi to Contact Improvisation with Chiang-Mei Wang



Tai-Chi Dao-Yin is a Mixture of Tai-Chi and Chi- Gong. The aim is to sense our inner energy and develop it. The exercises are a type of inner self-massage. They help to harmonize and strengthen our whole body. Through exercises with a partner we become more alert and sensitive and learn to quickly react to changing situations.

Sunday Nov 20. | 10hr - 13hr | Contemporary Dance with Cristina D' Alberto & Ryan Mason



This workshop is designed to give you tools to identify and access a variety of variations on floorwork//footwork//partnerwork and the connections between them. we will melt through the floor. we will rip through the air. we will turn ourselves inside out. with repetition, we have the liberty to manipulate (or re-align) the concept of time — to slow down, to speed up, to bend. our senses sharpen and we begin to finesse the transition from one moment to the next.

Schwere Reiter: Dachauer Straße 114, 80636 München | tram 12, 20, 21, Bus 53, Leonrodplatz

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