

CORE CONNECTIONS

Introduction to the **Bartenieff Fundamentals** (24 h.)
with Antja Kennedy
Live Online Course (via Zoom)



Wednesday 7 – 9 pm (CET) from September 16 to December 16

12 classes, see schedule below - Drop-in is possible

The Fundamentals developed by Irmgard Bartenieff offer a structured way to enliven the connections in the body. A range of different topics, movement principles and movement patterns are experienced and explored both through fixed exercises and sequences on the ground and through improvisations into space. The clear, effective and at the same time holistic movements have an integrating and centering effect. The increased body connections and movement execution will have an impact on our daily life as well as dance.

Level: Beginner to advanced

Normal course fee in the studio: 210 €; **now online: 156 €** for the whole course
Normal Drop-in course fee in the studio: 18 €/class; **now online: 15 € per class**

Registration at akennedy@laban-ausbildung.de

16.09.20	Introduction: somatic approach, awareness in movement
23.09.20	Principles: Connectedness, Grounding, Intention
30.09.20	Principles: phrasing, breath support
07.10.20	Pattern: Core-Distal & Spinal
28.10.20	Pattern: Homologus & Homolateral
04.11.20	Pattern: Contralateral & Respiration
11.11.20	Basic Six: femoral flexion, sagittal weight shift
18.11.20	Basic Six: Lateral weight shift, body halves
15.11.20	Basic Six: Diagonal knee reach, arm circles
02.12.20	Themes: stability/mobility, function/expression
09.12.20	Themes: exertion/recuperation; inner/outer
16.12.20	Summary, closure