

## ATD / "The concept of Body Weather training"

Kursangebot der Partnerschule Accademia Teatro Dimitri

### Angebot für

Bisheriges Studienmodell > Theater > Master Theater > Partnerschulen > ATD, Accademia Teatro Dimitri Verscio

Nummer und Typ	MTH-MTH-ERK-PART-04.17H.002 / Moduldurchführung
Modul	Partnerschulen 04 ECTS
Veranstalter	Departement Darstellende Künste und Film
Leitung	Andres Corchero, Tänzer-Choreograph
Ort	Verscio (TI)
Anzahl Teilnehmende	5 - 12
ECTS	4 Credits
Zielgruppen	Alle
Lernziele / Kompetenzen	The aim of the workshop is to understand the concept of the Body Weather training and how to work with the body in order to get a better knowledge and conscience of our bodies.
Inhalte	<p>The proposal is a review of the body work and their usual mental structures, which allow us to make changes in areas of perception of the state itself and the state of others. I want to put on the table some questions in order to open the way we understand our bodies and our movement. How do we move? What is stillness? What causes our movement? How we feel? Can we read a body? Can we write with the body? Do we perceive our body as well as when we were kids? How can we allow the body to think by himself? Basic every day's work:</p> <ol style="list-style-type: none"> <li>1. Movement to music. Observe the relationship between mind, bones, joints and the use of energy. Coordination work of the body in motion. The relationship between strength and flexibility, and our relationship with the landscape, etc.</li> <li>2. Manipulation series. At breathing deeper stretching, body alignment and notions of relaxation.</li> <li>3. Comprehensive exploration work which includes among others: motion segmentation, study of different speeds in relation to the body and space, sense of time and tempo, perception exercises, sensitivity and sensory development. Listening to the space outside and inside the body. Development of the imagination. Work with images and notions of composition.</li> </ol>
Termine	10.01. - 20.01.2018 Kein Kurs am 14.01.2018
Dauer	Ganztägig
Bewertungsform	bestanden / nicht bestanden
Sprache	Englisch
Bemerkung	Depending on how the work goes, the direction of the workshop can be modified.