Somatics

Angebot für

Bisheriges Studienmodell > Tanz > Bachelor Contemporary Dance > 3. Semester

Nummer und Typ	BCD-H2120.19H.001 / Moduldurchführung
Modul	Somatics BA2
Veranstalter	Departement Darstellende Künste und Film
Leitung	Yoga, Movement Therapy
Anzahl Teilnehmende	mindestens 2
ECTS	2 Credits
Lehrform	Gruppenunterricht
Zielgruppen	Pflicht für BA 2 BCD Austauschstudierende/Hospitierende: nein
Lernziele / Kompetenzen	The goal for the second year students is build on the practice learned in the first year. The students should deepen their yoga practice and recognize which elements of the yoga they can take into their daily routines of warming-up, stretching, concentrating, and relaxing. The work should slowly progress to the point where the participants experience that yoga practice can be used to not only to stretch and strengthen and relax, but also to find a clearer, calmer and more focused state of mind.
Inhalte	A standard yoga repertoire will be practiced (Sun Salutations, Breathing Exercises, Stretches for over-used muscles from rehearsals/class, strength poses for upper body for contemporary work and relaxation techniques). In the second year, there will be more emphasis on a "flow" in the class, since the basics have already been learned. Also, more advanced poses and deep relaxation techniques will be practiced.
Leistungsnachweis / Testatanforderung	There will be no exam, attendance will be required. A passing grade will be given for those who attend and focus on the work. It will be expected that the students retain the material from lesson to lesson in order to be able to progress with the work.
Dauer	8 x 90 Minuten
Bewertungsform	bestanden / nicht bestanden