

FOUR DIFFERENT DANCE WORKSHOPS

With Sofie Christiansen of sART Dance Theatre

Dansefyrtårn Fyn and SDU offers 4 different dance workshops at University of Southern Denmark Odense (SDU) during the fall. All our free workshops are open to all levels with 20 participants per workshop. You may choose to participate in workshops 1, 2, 3 or all 4.

Technique and Dance 1. Workshop	Technique and Dance 2. Workshop	Choreography a la sART 3. Workshop	Dance/voice/music a la sART 4. Workshop
Saturday 24th of September 10:00-16:00	Saturday 8th of October 10:00-16:00	Saturday 22nd of October 10:00-16:00	Saturday 26th of November 10:00-16:00
Registration Deadline: Saturday 17 th of September	Registration Deadline: Saturday 1 st of October	Registration Deadline: Saturday 15 th of October	Registration Deadline: Saturday 19 th of November

**(Learn more about the different dance workshops in the bottom of the document)*

Practical information

- **Age Requirement 18+**
- **20** participants per workshop
- **Address:** Campusvej 55, 5230 Odense M, at Bevægelsessalen (see map: <http://vejviser.sdu.dk/opslag?lid=2354&pid=bevr-9999>)

SIGN UP (Sign up for the 1st WORKSHOP is no later than Saturday 17th of September 2016)

Send an e-mail to hmaiko@health.sdu.dk with the following information

- Full name and age
- The workshop or workshops you intend to participate in

Project Lead: Susanne Ravn

Email: sravn@health.sdu.dk

Additional information on the four workshops

Sofie Christiansen, sART Dance Theatre: Sofie started teaching when she was 14 years old and has taught adults, kids and young people, professionals and amateurs, talents and lots of gleeful dancers for more than 30 years. Therefore, she has an eye for different bodies and has considerable experience in how tension and infirmity can be eased in training, similarly she is particularly adept at spotting movement potential and development possibilities.

1st + 2nd WORKSHOP: technique and dance (Saturday 24th of September/Saturday 8th of October)

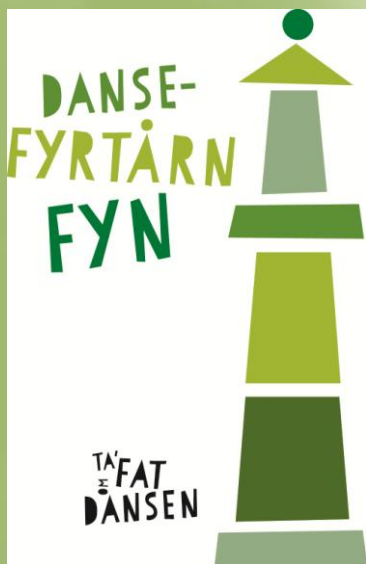
The 1st and 2nd workshop focus on technique and dancing. The beginning of the workshop will include simple exercises which will be repeated several times with emphasis on how to work on your body's core abilities. The level of difficulty will be intermediate so everyone achieves max potential from the workshops. Afterwards you will be learning a modern technique. Towards the end of the day you will learn a choreography in both an easy and a difficult version, whereby everyone gets as much as possible from the workshops. If you want to test yourself on how far you have come in working with your own body, or if you feel like exploring dance technique, this workshop is just for you.

3rd WORKSHOP: Choreography workshop a la sART (Saturday 22nd of October)

One of sART's specialities is working with food. If you need to find new ways to create dance, theatre or any other material this workshop will provide inspiration. You will encounter some of Sofie's methods involving food and feel how taste and scents can be used as an access point to experimenting with movement. Sofie will also make suggestions and provide tools for working with other thematic approaches.

4th WORKSHOP: Dance/voice/music a la sART (Saturday 26th of November)

Are you ready to challenge yourself through body and voice? Another one of sART's specialities is always working with live music. In this workshop sofie brings along the folk musician Jullie Hjetland. Jullie has many years of experience teaching as well, and have on several occasions provided workshops in which participants pushed boundaries, not just in movement but in sound as well. In this workshop you will gain the tools to work with voice, body and music. Jullie will play live to the movement phrases we make during the day.



SART
danseteater

<http://sartdanseteater.dk/>



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HALLERNE**

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FONDEN**