

Ascending and descending as a wave-like expression of movement – a continuous dialogue of rising and falling. In this contemporary dance laboratory, we explore this breath-like motion as a time-giving quality that guides us through space. The focus lies on consciously experiencing our body weight and discovering the potential for effortlessness while surfing the waves of deceleration and acceleration, opening up a field of dynamics and rhythm. Through physical principles such as potential and kinetic energy, momentum, and support, we aim to develop a deeper understanding of how our body's weight falls into place. Practical exercises, improvisation, and movement phrases will help deepen the connection to the moving body and enhance our somatic awareness.

Dare to say YES – and risk saying NO. We attune to a dialogue between one another, gravity and lightness – a dance of rising and grounding. Through physical principles and social abilities such as touch, weight, momentum, support and communication, we will explore how to better understand our own bodies in relation to others. Leaning – towards and away – climbing up and falling down, we follow an inherent rhythm of suspension and retraction. Practical exercises, improvisation, and partner work will support us in refining our skills of listening, sensing, and interpreting the body in motion, opening up new spaces for interaction and connection. We dance as many weights, constantly orienting and re-orienting in space. The aim of this lab is to foster trust in moving in sync.

The LAB is open to anyone interested in contemporary dance, somatic practices or contact improvisation – no previous experience required.

"I move and observe this movement again and again with great fascination and playfulness - that's how I feel at home in dance."

Different movement concepts & an object, the Cyr Wheel, have significantly shaped my body knowledge - Axis Syllabus, numerous contemporary dance techniques, Somatic Meditation, Contact Impro and others - they all form the basis of what I have been passing on as a teacher for many years.

REGISTRATION:

kontakt@tanz-graz.at

Teilnahme kostenlos für Mitglieder von TANZ GRAZ

<https://tanz-graz.at/mitgliedschaft/>

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PEAKS & VALLEYS

mit Sandra Hanschitz

JOURNEY ONE
Contemporary Dance
10:00 - 12:30

JOURNEY TWO
Contact Impro
14:00 - 16:30

14. JUNI 2025
@ TANZHAUS GRAZ