

Contemporary dance workshop 28.02.-3.03.



4 days of contemporary dance workshop is based on the release technique. It is meant for the dancers and the dance students who have intermediate and beginning level in contemporary dance. The aim of the workshop is to build up the path from the easy and simple movements to the precise, but free dancing in the space. We will look for the safe work with the floor as a basic principal of the technique, as well as for an efficient and easy way of using the body center and the limbs while we are dancing. Every class will include a warm up and some simple exercises on the floor which will be gradually leading to the more coordinated and complex movements in the space.

Timetable:

28.02. 11.00-13.00

1.03.- 3.03. 19.00-21.00

Andres: Zodiak dance center, Tallberginkatu 1 B/154, studio B2.

The maximum amount of the participants is 15.

The price for the whole workshop is 25 eur.

The price for a single class is 7 eur

If you want to participate in the workshop, please send your name and the contact information beforehand:

vera.lapitskaya@gmail.com

Information about the teacher.

Vera Lapitskaya has graduated from the international dance department of North-Karelia college, Outokumpu, Finland. In the autumn 2008 had an exchange program in dance in Hochschule für Musik und Darstellende Kunst, Frankfurt am Main, Germany. Got her first dance education in ballet and contemporary dance in Kannon dance school in St.Petersburg, Russia.

In nowadays she is a regular contemporary dance and ballet teacher in North-Karelia college of Outokumpu. She also works as a choreographer and performer.