

# **BEWEGUNGSIMPROVISATION MIT NAAMA ITYEL**

## **MONTAGS VON 18.30 – 20 h, Studio 2**

### **Bewegungsimprovisation :**

**Meistens fangen wir mit somatischer Arbeit an, um unseren Körper, unsere Kreativität, unsere Emotionen und unsere Imagination aufzuwecken. Danach benutzen wir verschiedene Scores, um Bewegungsabläufe zu erforschen. Wir improvisieren sowohl individuell als auch in der Gruppe.**

**Der Unterricht ist offen für alle**

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### **Movement improvisation class:**

**We start with warming up our body and our connection to it, and to wake up our imagination, creativity and our emotions.**

**We continue with exploring different tools to initiate movement and to unlock our body and the range of its expression.**

**We improvise both individually as well as with the whole group.**

**The class is open for everybody.**

### **Naama Ityel:**

**Born in Tel-Aviv. Graduated High School for Arts in dance major in Tel Aviv. Graduated “Mate Asher dance academy“(Israel), and graduated SEAD (Salzburg Experimental Academy of Dance).**

**Since 2011 based in Berlin, and working internationally as a Dancer, Choreographer, Dance teacher and a Yoga teacher. Currently studying to become a Feldenkrais practitioner.**

**For questions, feel free to contact me:**

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