

Movers of all kinds, you are all invited to explore and find new ways to develop and enrich your movement intelligence.

DECODING MOTION project is a movement intelligence development intensive practice. We will learn how to develop our own movement intelligence using different exercises and techniques practiced and inspired from different disciplines, mainly from the worlds of martial arts, contemporary dance, and soft acrobatics. We will find and explore the connections and interfaces they all share between them.

Iftach is a movement artist who's profound background in martial arts and his recent years research and experimentation within contemporary dance have allowed him to create a unique platform of integration between the disciplines.

Alchemising various ideas, concepts and principles into his teachings he allows movers from multiple disciplines to grow and expand in their own fields and movement capabilities.

dates & times:

15.12.18 15:00 to 19:00

Follow this link to get your tickets:

<https://docs.google.com/forms/d/1iC0tZtk4V5TdpF7Np2gDgbkpNANHINkiQoZLWJmh-xI/>

Early Bird 35€

Full Price 50€

Location:

Krama artspace

Sokratous 11, 10552, Athens, Greece

Discounts for students and professionals

10% discounts for anyone who brings a friend

Iftach's DECODING MOTION movement development seminars and workshops are held around the world.

Click here for more details: www.decodingmotion.com/

*This workshop is constructed to fit all levels and maximize the mover potential in every level of experience so a prior background in martial arts, dance and soft acrobatics is not necessary.

*Please bring with you an extra long-sleeve shirt and long trousers.

As well as a notebook and pen that can come in handy!