



Partnering workshop: with Knut Vikström Precht & Lito Anastasopoulou

APPROACHING HUMANS – PARTNERING PRACTICE

We are social creatures; our brains are wired together. We need each other to exist. That's why we practice together.

Dancing is largely a social practice. On stage, in the studio, in the club, around the bonfire or at the bus stop. Dancing together is way of tuning in with our peers, through non verbal communication. Sharing an experience, a story, a moment, a song. Becoming one as a group, following a rhythm, blurring the lines between bodies. It is a way of creating connections, curiosity, joy and understanding.

In this class, we practice through approaching our fellow practitioners. By our body constantly being in relation to one or many others, we access tools for further developing and cultivating coordination, sensitivity, playfulness, and different forms of awareness; bodily, social, spatial, rhythmical and personal. How to approach a human.

What we do

Clearly directed interactive tasks create the circumstances for improvisation and individual research and discovery. We offer exercises, games, situations to train and develop clever, open bodies ready to adapt to the given circumstance. We want to expand personal possibilities and enrich movement vocabulary.

In pairs or larger constellations we practice

Stability
Strength
Alertness/reaction/analysis
Trust
Speed
Lightness
Musicality / timing
Handling risk and fear
Weight sharing / mechanics
Exploring the (individual) extremes and limits of our bodies and selves
Imagination & curiosity
Joy of movement and dancing
Creativity

We believe in the value of people working and functioning together, adapting, influencing and offering new possibilities to the personal work of each participant.

How dependent or independent are we on the other person while working together?

Be generous to ourselves and to the others.

Working in an environment of collaboration, we are creating the place where connection is not broken but maintained.

About us:

Knut Vikström Precht.

dancer and performer born in Uppsala, Sweden, in 1988. He completed his studies in contemporary dance performance at the University of Dance and Circus in Stockholm in 2013. After graduating he's performed in pieces by a number of international and Swedish choreographers and directors. To mention some; since 2014 he's touring pieces by Linda Kapetanea and Jozef Fucek (RootlessRoot) produced by the Czech DOT504 Dance Company, and 2016 - 2018 he premiered and toured with In Spite of Wishing and Wanting - Revival, by Ultima Vez/Wim Vandekeybus.

He is currently based in Stockholm, Sweden, and when not involved in performance art, he fells trees, runs in forests, bikes and enjoys climbing and clubbing.

Lito Anastasopoulou

was born in 1990 in Athens, Greece.

In 2012 she completed her studies in the Department of Educational Science in Early Childhood Education at the University of Patras and in 2016 she graduated from the Royal Conservatory of Antwerp with studies in Contemporary Dance.

Right after her graduation, Lito started performing for the “Nieuw Muziektheater Brasschaat and at the same time, she joined the Impro Company 2017 that is established in Antwerp and accomplished several showings.

She was invited to join the circus “SIDE-SHOW” Company for their new creation “Spiegel im Spiegel” with numerous residencies and performances around Belgium.

It should also be mentioned her work as assistant choreographer of the “Unités/Nomade” company for the performance “Exodos” under the dramaturgical guidance of Michel Bernard (2017).

Furthermore, since 2017 as part of the the Trio “Zooplahop” (company cie “Eau-dela danse”), is accomplishing circus – dance interactive performances (Belgium, Germany and Greece).

Recently she is collaborating with Maja Zimmerlin, working on the duet "Rising dragon, redbird flying / premiere Autumn 2019 and she have been part of the dance video Anasa: <https://vimeo.com/292134072>

The last 3 years Lito lives in Brussels having as main focus the performance as well as sharing her passion in dance by giving contemporary dance workshops for adults as well as for kids.

Where : Krama artspace / Athens

When: the 23rd & 24th of February

Saturday : 15h30 - 19h30

Sunday : 12h00 -16h00

Cost : Full price : 50 euros , Drop in: 35 euros/ day

Registration : kramadance@hotmail.com