



"Movement Playground"
Contemporary workshop with
Netherlands Dance Theater's elements
with Katarina Van den Wouwer

Thursday 10 October to Sunday 13 October
Time: 11:00 - 13:00

@krama artspace
Sokratous 11, 7th floor, Athens

During the workshop we will focus our awareness on the body/ inner landscape, the external space, and the interaction between those two. Furthermore, we will explore the notion of weight, time, and tap into various movement textures through playful and dynamic exercises. This first part will nourish the participants and prepare them for the second part of the workshop. In the second part of the workshop I will teach an NDT inspired movement phrase. We will work more in depth on the quality of the movement, and allow space for personal interpretation as well. Finally, I want to invite the participants to connect to their own inner dance and the joy of moving together.

Biography:

After graduating at the Royal Ballet school of Antwerp I joined the Royal Ballet of Flanders in 2011. There I had the opportunity to tap into the work of Forsythe, Balanchine, and Marcia Haydee. Two years later, I moved to The Hague to join the Netherlands Dance Theater, where I danced three years with NDT 2 and one year with NDT 1. Dancing with NDT offered me the experience to perform and collaborate with various internationally known choreographers, such as Jiri Kylian, Paul Lightfoot and Sol Leon, Sharon Eyal, Johan Inger, and Alexander Ekman. After this 6 year journey of discovery, learning, and performing, I decided to take a break. During one year I was travelling, exploring the power of nature, diving into the essence of yoga, and enjoying the recovery of my body. Besides, it was an important time for me to reconnect to my core needs. At the moment, I feel the desire to share my love for dance and my fascination for the body itself. Furthermore, I'm investigating how I can communicate and invite people to experience the nourishing and healing power of dance. Nowadays, I'm working as a freelancer in the field of dance and bodywork. I perform, offer dance classes and bodywork like Thai yoga massage and reiki treatments.