

anoukvandijk dc

summer intensive

Central focus of the program

The 'One Body, One Career' program is designed for professional dancers and advanced students who are looking for down-to-earth answers to the many questions that come up when pursuing a long, healthy and successful career in dance. The main focus of this program is on how training, rehearsal and performance in dance can be related to one another in a constructive manner. You will study and exchange with experienced teachers who have specialized in different areas of dance and movement, but who have a common view on the specific mindset and physical awareness that are crucial to being a powerful and versatile performer.

The teachers in the Summer Intensive firmly believe training, rehearsal and performance can and should be complimentary elements in a dancer's daily life - constructively feeding and guiding the dancer in his creative work and personal development. In this intensive we address this subject in depth, both in studio work and discourse. All teachers share a similar understanding of what it takes to be a dancer, how without humor and a sense of dignity a career can become harsh and tedious. The love for detail marks all their teaching: subtle nuances can make just the difference between hating and loving what you are doing.

The use of space, both internally and externally, the direction of energy in movement and the ways to stay present and connected with oneself, are key elements of all methods taught in this Summer Intensive. All approaches together form a complementary body of knowledge and experience that address a wide variety of aspects of the dancer's professional life and defines the outlines of a creative, intelligent and healthy dancing career.

Masterclasses and workshops

In the 'One Body, One Career' program, you will be able to study and practice in detail Anouk van Dijk's movement system and training method the Countertechnique, both in morning classes and in 'practical tools' sessions. You will also work with Alexander Technique teacher Tom Koch and join the Yoga morning sessions with Anat Geiger. Most afternoons are divided into different workshops of which you choose one per week: the first week offering the workshop 'Better awareness through ballet and improvisation' by Daniela Graça and the partnering workshop 'Exploring non-verbal communication' by Nina Wollny and Philipp Fricke, the second week offering the improvisation workshop 'Each moment's potential' by Michael Schumacher and the workshop 'Of restless states and sleeping poses' by Anouk van Dijk. On the last day Michael Schumacher and Anouk van Dijk will guide you in an open work session where all the information from the previous days can be used, explored and put into your own context, be it creatively, theoretically or as reflection on your own process.

anoukvandijk.nl >