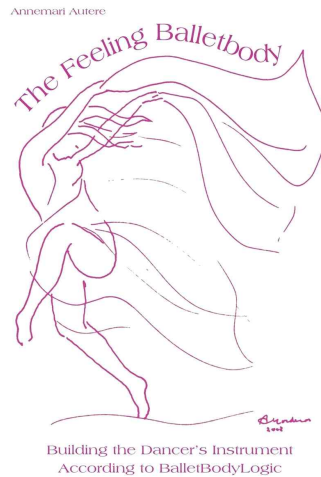


제 47회 SOMATIC BALLET® PEDAGOGY WORKSHOP

<Participation in Zoom Presentation by Annemari Autere,
the Author of 「The Feeling Balletbody」>



Date: March. 27 (Sun.), 2022, 07:00 AM ~ 9:10 AM

Place: on Zoom

Theme: Ballet Body Logic (BBL)

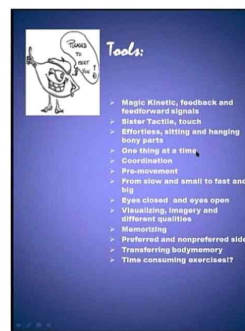
Goal: To understand the Key to Effortless Technique and Mastery of Art Form

Contents:



Concepts

- > Basic movement patterns
- > Isolated movement patterns
- > From space in the joints to eternal lines of energy
- > Weight transfer- anticipating and opposition
- > Spirals
- > Muscular chains
- > Happy and unhappy muscular chains
- > Parallel, turnin, turnout, positions, or expressions?
- > Pushing-off gravity and ballet-verticality
- > Letting balancing take care of itself
- > Ballerina balancing
- > Automatic movement patterns, bodymemory
- > Mother Nature and her playfulness



Tools

- > Magic Kinetic, feedback and feedforward signals
- > Sister Tactile, touch
- > Effortless, sitting and hanging bony parts
- > One thing at a time
- > Coordination
- > Pre-movement
- > From slow and small to fast and big
- > Eyes closed and eyes open
- > Visualizing, Imagery and different qualities
- > Memorizing
- > Preferred and nonpreferred side
- > Transferring bodymemory
- > Time consuming exercises!?