

Hybrid Dance / Morning Class November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	MATEVZ DOBAJ : Still dance / Kinetic body / Energy levels	MATEVZ DOBAJ : Still dance / Kinetic body / Energy levels	MATEVZ DOBAJ : Still dance / Kinetic body / Energy levels	MATEVZ DOBAJ : Still dance / Kinetic body / Energy levels	MATEVZ DOBAJ : Still dance / Kinetic body / Energy levels	
6	7	8	9	10	11	12
	BUD BLUMENTHAL : Fluid / Organic / Simplicity	NATASA FRANTZI : <i>Technique / Speed / Physicality</i>	HAYO DAVID : <i>Gravity / Flow</i>	NATASA FRANTZI : <i>Technique / Speed / Physicality</i>	HAYO DAVID : <i>Gravity / Flow</i>	
13	14	15	16	17	18	19
	ANNE-LAURE DOGOT : <i>Flow / Spiral / Opposition / GYROKINESIS®</i>	NATASA FRANTZI : <i>Technique / Speed / Physicality</i>				
20	21	22	23	24	25	26
		ALEX KYRIAKOULIS : <i>Physical / Dynamic / Release</i>		ALEX KYRIAKOULIS : <i>Physical / Dynamic / Release</i>		
27	28	29	30			
	ANNE-CECILE CHANE-TUNE : <i>Technique / Silk / Explosion</i>	ANNE-CECILE CHANE-TUNE : <i>Technique / Silk / Explosion</i>	ANNE-CECILE CHANE-TUNE : <i>Technique / Silk / Explosion</i>	ANNE-CECILE CHANE-TUNE : <i>Technique / Silk / Explosion</i>		

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11	12	13	14	15	16	17
	BUD BLUMENTHAL : <i>Fluid / Organic / Simplicity</i>	BUD BLUMENTHAL : <i>Fluid / Organic / Simplicity</i>				
18	19	20	21	22	23	24
	TOMMY RUSSO : <i>Contact improvisation / Partnering Technique</i>	TOMMY RUSSO : <i>Contact improvisation / Partnering Technique</i>	TOMMY RUSSO : <i>Contact improvisation / Partnering Technique</i>	TOMMY RUSSO : <i>Contact improvisation / Partnering Technique</i>	TOMMY RUSSO : <i>Contact improvisation / Partnering Technique</i>	
25	26	27	28	29	30	31

Hybrid Dance Morning Class

NO PRE-REGISTRATION NEEDED

The classes are oriented to experimented and professional dancers

9€/class (or 70€ for 10 classes)

From 10:00 to 11:45 at Studio Hybrid

rue de l'Intendant 111 - 1080 Brussels

Tel: 02/4243524

Mail: info@bud-hybrid.org

Anne-Laure Dogot

The GYROKINESIS® method is a movement method that works the entire body, increasing range of motion, opening joints and creating functional strength through rhythmical spinal motions in a constant coordinated breathing and with fluidity. The class will focus on how to move and flow in space, being influenced by these principles. We will first develop an awareness of the body where the movements are generated from the center to slowly bring it further in space in order to expand motions in a three dimensional direction.

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Anne-Laure Dogot (Belgium, 1988), professional dancer and dance teacher, started dancing at the age of five. She started at Danses & Cie in Tournai where she received an excellent base knowledge in ballet and contemporary. In 2006 Anne-Laure was accepted at S.E.A.D, the Salzburg Experimental Academy of Dance, in Austria where she followed a three years professional dance education. She became a member of the company's school, Bodhi Project, immediately after. In 2011-2012, she has worked as a guest dancer with Renan Martins (Brazil) for the Graduation Tour with P.A.R.T.S (Brussels) and toured extensively throughout Europe. At the meantime, she started teaching dance in different schools in Belgium. She also worked on different dance projects with the choreographer Xavier Gossuin (Belgium), Luc Petit (Belgium) among others. In 2016, she has been doing an internship at ROSAS for the creation of the opera *Così fan tutte* and she is dancing for Bud Blumenthal – Cie Hybrid in the new piece *Leaves of Grass* for the season 2016-2017. As a dance teacher, she has been teaching from 2012 until 2016 at Danses&Cie asbl CEC in Tournai (Belgium) as well as in a high school contemporary dance program at I.P.E.S in Tournai. She is a recognized contemporary teacher by the Fédération Wallonie-Bruxelles. Anne-Laure is also a certified GYROKINESIS® teacher since 2012. She has taught a workshop at P.A.R.T.S Summer Schools in 2016 and is currently teaching at Corpus Studios in Brussels.

Natasa Frantzi

The class follows the typical model of a contemporary dance class. Focused on the use of technique, speed, rhythm, physicality and the quality of the movement. Inspired from Realise, Limon and personal vocabulary, we build up energy, we challenge the body, we play with the music and we let ourselves free to enjoy the power of the movement.

Alex Kyriakoulis

Warming up through the floor, exploring the power of the gravity, preparing our bodies for a strong and physical training. We play with the lines and the forms that the body creates and then we reconstruct them in new moving paths and dance phrases.

Tessa Martin

BALLET GOT SOUL is a carefully designed class merging elements of Ballet and Pilates with soulful tunes to inspire your mind and your dancing feet !

BALLET GOT SOUL is designed to help you improve your body alignment and posture through understanding better your own body structure.

You will learn how to develop the full-body strength and endurance needed for both ballet and pilates which is specific to your body`s strengths and weaknesses. The class flows from beginning to end with a mix of sweet, funky, soulful tunes to inspire your dancing feet, because after all, who wants to dance to bad music?!

BALLET GOT SOUL hopes to offer you a different perspective on classical ballet through individual body awareness and collective ballet grooving.

The workshop will be instructed by Tessa Martin who is a professional dancer and dance teacher, a trained pilates matt instructor, and also a soul music DJ.

Hayo David

Le cours de Hayo David se base sur les principes du « Release ». La compréhension profonde du flux gravitationnel, la maîtrise du relâche/reprise et la recherche de l'équilibre énergétique, pour favoriser l'émergence d'une danse authentique, personnelle et libre.

Matevz Dobaj

Our dance will begin with stillness. When time has passed and we are silent and we don't feel the urge to move anymore, we will project ourselves in space. Tasks will be proposed to explore different worlds of the now with an aim to connect to our dance in full form.

Taking knowledge from anatomical basis we will re-visit our sense of placement and continue with folding, turning, accelerating, balancing and extending.

Later we will translate this work into light dance phrases from the floor to standing and back, swiftly moving through the room with the possible joy of kinetic body experience.

With the focus on exploring our "three dimensional - multi planar" bodies we will share the time observing our limits and testing our existing knowledge.

More and about: www.matevz-neus.com

Tommy Russo

CONTACT IMPROVISATION/PARTNERING TECHNIQUE: This series of classes will focus on improvisational tools and partnering technique in weight giving, rolling, flying, and falling. Working from the soft floor and the body's central mass, gaining more confidence and fluidity coming in and out of a partner's weight and kinesphere, as well as exploring contraction/expansion, dual direction articulation, pivots and folds.

With respect to the physical laws that govern motion—gravity, momentum, and inertia, dancers can whirl around in a seemingly codified form, yet keep with the freshness and anarchic spirit of spontaneous invention. Fling, fly, push, roll... reaching somehow extraordinary moments of harmonious repose. Both as a compositional tool and movement practice we'll be exploring the kinetic thrills and raw movement of contact improvisation.