

## The professional training program at Dansehallerne

Week 19

**Artist:** Antoinette Helbing

**Title:** The Low Flow

### **Class description**

*The Low Flow* is a proposing an entrance into the physical and mental state of availability. Including basic principles from Feldenkrais practice, the training offers a playful and curious approach towards movement. Looking for ease, improved coordination and timing. The classes are built on three ground pillars: a shaking practice that aims at entering a state of readiness and availability – a section that gently and playfully strengthens and mobilizes - a set of phrases with simple but complex movement material which often happens close to the floor. The training will enable the participants to dive into their bodies and to give space for own research/investigations.

### **Biography**

Antoinette is a German dance artist based in Copenhagen. In collaboration with the film artist Jan Vesala she created the movies "BANG", "Re-Dream", "AFTERLAUGHTER" and the installation "The Laughing Room". She created the works "How to be/loved" (2013), "Re-Dream" (2016) and in 2020 The Laughing Game which is currently touring. Next to her choreographic practice she works as dancer for Åben Dans Productions, Andreas Constantinou, Tina Tarpgaard, MYKA and Kitt Johnson. As part of her teaching practice she gives classes at Dansehallerne Copenhagen, Danish Dance Theatre, Corpus, The Danish National School of Performing Arts, Danscentrum Syd, Skånes Dansteater and Akademiet. Currently she's pursuing a training to become a Feldenkrais practitioner.

