

## The professional training program at Dansehallerne

Week 15

**Artist:** Ana Sendas

**Title:** Ballet

### **Class description**

This class will be a ballet class focusing on somatic awareness in space and within using the technique and musicality to improve movement quality, strength, and organicity between movements. We breathe through our bodies and minds.

Ana Sendas is a Contemporary freelance dancer, teacher, and choreographer from Portugal, based in Copenhagen, Denmark. She has been dancing with Ballet Gulbenkian, Galili Dance, Göteborg's Operan, Ballet theatre Augsburg and Dansk Danseteater among other Companies. She has been teaching ballet, Graham, contemporary, improvisation, and composition to both students and professionals. Ana is also choreographing and participating in many independent and interdisciplinary projects in Denmark and abroad.

You can follow her work page here: [m.facebook.com/Ana-Sendas-546226575573436/](https://m.facebook.com/Ana-Sendas-546226575573436/)

