

Declan Whitaker

With a focus on visualisation and imagination, the dancer is gently guided through a structured improvisation. The class encourages the dancer to perceive their body from new perspectives so that they can move with more awareness and articulation. Particular attention is paid to the movement of the spine and connectivity of the body. This class is a movement practice related to Declan's work 'To Those Who Wait'.

Extra info:

We will begin quite slowly so bring something warm to wear for the beginning of the class.

I will be giving a lot of verbal input and the class will be taught in English.

Bio:

Declan is a dancer and choreographer from the UK and holds an MA in choreography from London Contemporary Dance School. His introduction to dance was through Irish Dancing after seeing Riverdance perform during the 1994 Eurovision Song Contest. His choreographic practice deals with the relationship between High Art vs Pop and Technology vs The Body. As a performer he has worked with National Dance Company Wales, Martin Forsberg, Eva Recacha and Helena Waldmann