

## The professional training program at Dansehallerne

Week 24

Presented in collaboration with Corpus

**Artist:** Nina Wollny

**Title:** Countertechnique

### **Class description**

Countertechnique is a movement system to help the dancer think about the dancing body, focusing on the process of incorporating information into action. Dancers are invited to be proactive in discovering connections and solutions, to be less concerned with judging themselves and just enjoy the ride of moving through space.

We will start the class by having a closer look into information about a structure or a function of the human body. Everybody will get some time to relate this information to their own bodies through different tasks and movement explorations. This is followed by a set of recurring exercises to give the dancers the chance to continue the exploration in set movements step by step introducing the elements of a movement combination.

At the end we will ride this combo that travels through all levels of space, upright, turning, spiraled, rising, low or upside down.

“Riding the forces of the universe like we are surfing the waves in the ocean”

### **Bio**

Nina Wollny studied contemporary dance at the Rotterdam Dance Academy, now Codarts, in the Netherlands. After her graduation in 2002 she joined the company anoukvandijk dc and has worked there as dancer, rehearsal director and artistic assistant for more than 10 years. Since 2004 Nina is a teacher of the Countertechnique and is regularly teaching at dance academies, companies and studios for professional dancers all around the world. She also enjoys teaching performers with various backgrounds. As a long time teacher Nina contributes to the continuous development of Countertechnique. Nina is working with different choreographers in Europe amongst others she is regularly performing and collaborating with German choreographer Jenny Beyer at Kampnagel in Hamburg, Germany and most recently she is working with Mia Habib Productions in Oslo on the piece ‘How to die-Inopiné’.