

## The professional training program at Dansehallerne

Week 22

**Artist:** Lukas Racky

**Title:** A Feldenkrais-retreat. In the city. Part-time. Drop-in. Without food or lodging. But still.

### Class description

*What are you talking about, what is this Feldenkrais thing? I have never heard of it!*

The Feldenkrais work is shortly put an approach to find better functioning. That might sound dry, but usually, it is not. It is somatic work that creates a space to really sense yourself in detail, let go of efforts that you didn't know you were making, sense how movement is traveling through your skeleton in unexpected ways. It might give you a sense of wholeness and ease that will little by little become part of any action in your everyday life.

The group lessons in the Feldenkrais method are called "Awareness Through Movement" lessons, short: ATM. They are taught by describing movement with words instead of showing it. That way, you can be in your own process, your own pace. This work is not about reaching a certain goal but rather about searching for a clear, smooth, and pleasurable quality in the movements you make. The lessons often built up from doing a very simple movement in the start and then adding more and more complexity as they progress. Many lessons start laying on the ground, but they could also be in standing, sitting, on all fours or some other situation.

*I know, I know, I have actually taken those classes many times before. Anything else you wanna say?*

Yes, actually for those of you experienced with it, I will give my best to also visit lessons that use different starting points, tempos, qualities, and strategies so that you can get new ideas about the Feldenkrais approach and how it could unfold in unexpected ways.

*What about dance? This is the DH professional training after all, right?*

Good point. I consider this week a somatic retreat, a chance to check in with yourself, follow your sensations, possibly discover yourself anew in small or big ways. The lessons could serve to refuel your energy for rehearsal, help you get back from injury or inspire you to include new movements in your repertory. You might even perceive the lessons as dances in their own right.

*I am not sure if this is for me, should I try it?*

Absolutely. You have little to lose and much to gain! Everybody is welcome to join for one, some, or all the classes, newcomers, aficionados, and sceptics alike!

*Who are you, by the way?*

My name is Lukas, I studied dance & choreography here in Copenhagen and have been working as a freelance performer in projects with nice and dedicated colleagues, mostly in and around Copenhagen.

I encountered the Feldenkrais method somewhere on the way and had the gut feeling that it could help me with many of my unanswered questions about how to live life, learn new things, and find ease and joy. Now, I am halfway through the Feldenkrais-training, still full of questions - but I have also learned some things, which I am looking forward to sharing with you in the workshop.