

DESCRIPTION

K / movement group offers open space sessions for free bodily expression. we develop rhythm, group symbiosis and build a ground technique for continued dance education

TIME PERIOD / every tuesday, 16.30 – 18.30 including holidays

STRUCTURE

we explore our bodily realm through a variety of exercises by focusing on the following 3-points:

I> INDIVIDUAL WARM-UP / with instructor guidance

II> THE PERSON / explore and challenge individual bodily expressions

III> THE SPACE / practise cohesive group movement

ADDITIONAL INFO

MUSICAL ACCOMPANIMENT

we invite guest musicians to guide our session with live music every last tuesday of the month. we welcome all musical artists and genres

if you have recommendations or would like to collaborate, please get in contact via bowygoudkamp@gmail.com

PRIVATE SESSIONS

private movement sessions are available, please get in contact via bowygoudkamp@gmail.com

INJURIES, AGE RESTRICTIONS OR DISABILITIES

we hold an – all welcome – policy

INSTRUCTOR

Bowy Goudkamp (NL) obtained her earliest education at youth theatre RABARBER and theatre company ALBA from age 6–18. She enrolled in højskolen PERFORMERS HOUSE (DK) in 2011 whereafter she moved to London to continue her education internationally. She is currently working as a professional actrice, writer, director and producer aiming to present her work (Lo1/Reflect, Lo1/A Circle Around the Middle) on a global scale whilst simultaneously working as a drama- and movement instructor.

