



Workshop.

Contemporary dance combination and floor acrobatics(solo /duets).

Kiomoskineitai collective

Ki omoskineitai collective / Workshop.

One-week intensive program

Sougioultzi Christina, Malkotsis Hermes.

-Preparation of the body to be found in areas of high tension and for trusting basic acrobatic modes. (Basic positions)

- Smoothing the linearity of exercise in organic forms reachable from the body at all different stages of his ability. by using body's weight and volume as movement generators.

-Moving bodies, in acrobatic flow paths. Movement in couples and trio. action and communication

-Dance-translation/ relationship music movement, Combinations, phrases containing the building materials of the course.

-Basic aerial technique.(trapeze/fabric)

Kiomoskineitai collective / Workshop.

explore the movement vocabulary



Our approaches on contemporary dance are based on an idiosyncratic interplay between improvisation and composition.

Using set material, as well as improvisation, we let emerge a free, authentic and personal dance expanding our technical ability and cultivating a resolutely positive non-judgmental attitude towards our dance and body.

aiming specifically to develop the performer's physical vocabulary. It is suitable for anyone working in stage arts.

It concerns both the geometric and emotional powers of the body.

Our work will be to bring awareness of the tensions we use to move and the distances between parts and in connection with our thought. Finding in the practice an opportunity to bring ourselves to the present moment and at the same time be observant to the distances occurring while we move, how we can use them to expand our imagination and create and recreate the many possibilities of this dancing body.