

Thursday, April 6, 2017

Flying Low Workshop at Mark Morris

Company: Dance Italia

Compensation: Group Discounts Available

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Julia Discenza

Dance Italia will be hosting a David Zambrano Flying Low Workshop in NYC.

Taught by: Cristina Planas Leitão (Portugal)

who will be in town performing her solo 'Bear Me' at Triskelion Arts on Saturday, June 3rd @ 8pm.

All those participating in the workshop will receive a FREE ticket to the performance.

When: Tuesday, May 30- Friday, June 2 10am-12pm

Where: Mark Morris Studios

3 Lafayette Ave, Brooklyn, NY 11217

Cost: \$150 (Contact us for a group discount!)

To Register: <http://www.danceitalia.com/a-la-carte-masterclass>

Deadline: April 30th. Workshop space is limited.

Email: info@danceitalia.com

Cristina Planas Leitão was born in Porto, (PT), 1983. Holds a BA in Dance Performance from ArtEZ – Hogeschool voor de Kunsten in Arnhem (NL) – 2006. She has worked extensively with David Zambrano since 2005 as a student. In 2010 she was one of 50 artists chosen to be a part of 50 days of Flying Low and Passing Through in Costa Rica certifying her in both techniques. Since then, Cristina has been sharing her knowledge of the work internationally at ArtEZ (NL), where she is a guide to 4th year students and a guest faculty member; Codarts Rotterdam; Tanzquartier Wien; Ginasiano Escola de Dança; Dansateliers Rotterdam; de Stilte NL, Maraméo (Berlin); K3/ Kampnagel Hamburg; Henny Jurriens Stichting, Amsterdam; Fórum Dança, Lisbon; Balletteatro; Dance Ireland; Folkwang University – Essen; among many other places.

<https://cristinaplanasleitao.com/about/cristina-planas-leitao/>

About:

Flying Low – finding the flow

Each day, in these 2 hours, we will dive deep in the principles of Flying Low. The class, will start with a deconstructive exercise, where the fundamentals are explored through couple's work and a somatic approach, followed by several exercises where practicing Flying Low technique is key.

In her class, Cristina embodies and shares her knowledge of David Zambrano's Flying Low adapted to her own artistic vision, very often described as a softer and spatially complex approach with a somatic basis. The original technique focuses on the dancers relationship with the floor by utilizing simple movement sequences and by practicing speed and the release of energy throughout the body in order to activate the centre. There is a special attention given to the extremities as extensions of the centre and indicators of direction, proposing awareness and clarity to the movement. In Cristina's practice, the dynamics of the class increase progressively using imagery: several states of consistency of the body and density of the space are explored. The material challenges each participant to discover the primary laws of physics: cohesion and expansion and therefore many basic exercises are deconstructed into a more explorative work to achieve the right individual state to develop further. The class is built with several short set exercises where participants are challenged to find autonomy in the doing rather than

established formulas or shapes; as well as complementary exercises in couples for a better understanding of those physical properties & the movement quality itself. During the class we constantly practice the principles rather than the exercises and everyone is challenged into disconnecting from the usual right & left or front & back idea.

www.cristinaplanasle tao.com/teacher/flying-low/

Dance Italia
www.danceitalia.com

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