

Thursday, February 5, 2015

Free Open Session

Company: Dance To The People
Venue: Brooklyn Arts Exchange
Location: Brooklyn, NY

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Benedetta Capanna

FOLLOWING THE "NEW DANCE GROUP" FORMAT, WE'LL OFFER THREE HOUR SESSIONS INCLUDING:

1 HOUR TECHNIQUE

1 HOUR IMPROV

1 HOUR CHOREOGRAPHIC PROCESS*

This Thursday our Technique hour will be lead by Benedetta Capanna, dancer and choreographer, who will be coming from Rome, Italy.

Her training prepares the body to several levels of research, cultivating perception, creativity, sensibility and technical capacity. The contemporary dancer should be open to dynamics, quality, different themes and, often contrasting, situations. Starting from Yoga and body-mind thinking, through floor and standing sequences, and improvisations, body work will be carried out in relationship to gravity and breath, starting from the spinal column. Technique will be approached with lightness, studying it's functionality and support in dynamics and space.

Benedetta Capanna, in her career as dancer and choreographer tours extensively through Europe, North and South America, Japan. Her artistic work is deeply inspired and moved by her yoga practice which reveals the potentiality, the authenticity and exigency of expression and creative impulse. Her choreographic research, through meticulous work on the connection between mind and body wants to embrace the poetry of human fragility and the urgency of its passions. Since 2013 she collaborates as choreographer with the Dance Company Excursus supported by MIBACT for dance production. In Italy she has received residency and grants for several productions.

Visit her [website](#) for more information.

* The choreography section is for those with an interest in a longer commitment for a choreographic process. We will show a work in progress at Movement Research Open Performances on Tuesday February 10 2015. If you're interested in being a part of this project, please write an email to dancetothepeople@gmail.com explaining your focus in dance and how your goals align with DTP's mission, a copy of your resumé, as well as any other useful information (video links, pictures or websites), no later than January 14 2015.

Register here <http://www.dancetothepeople.org/upcoming-events.html>

Dance To The People
421 Fifth Avenue, Park Slope, Brooklyn
Brooklyn, NY, 11215
<http://www.dancetothepeople.org/upcoming-events.html>

Schedule
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