

Wednesday, May 16, 2012

BODYTRAFFIC Workshop/Audition at Peridance

Audition will be held at Peridance Capezio Center 126 E. 13th St. New York, NY 10003 www.peridance.com

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[Lillian Barbeito & Tina Finkelman Berkett](#)

BODYTRAFFIC Workshop | Audition

Jun 3, 2012; Sun
12:00 PM - 2:00 PM

This workshop | audition will consist of 90 minutes of Countertechnique lead by Lillian Barbeito and 30 minutes of BODYTRAFFIC repertory taught by Tina Finkelman Berkett.

Countertechnique is the revolutionary movement system developed by Anouk van Dijk, newly appointed artistic director of Chunky Move. The method focuses on both mental and physical aspects of dancing that increase awareness on multiple levels. With heightened awareness dancers are able to make conscious decisions in training, rehearsal and performance. Countertechnique discards all traditional methods that seek to control movement from the pelvis or 'the core centre'. Replacing the static balance of a core centre approach, Countertechnique uses three-dimensional counter directions inside and outside the body to create a highly dynamic balance, enabling dancers to execute extreme movements and to find more versatile ways of changing direction whilst moving. The class is a primarily a standing up class. It stretches, coordinates and strengthens the body. You will sweat and really MOVE. The class works towards big movement combinations that layer different technical aspects: shifting and falling while changing direction and maintaining rotated legs while the torso moves in another direction etc. Dancers learn to move bigger and more spatially, loosing fear, taking risks and becoming fast in direction changes, even in unexpected moments. Since Countertechnique enhances re-defining directions constantly, training is about processing instead of end gaining. Dancers become less concerned with judging themselves and learn to work in a - mentally and physically - healthy manner. Daily training becomes interesting research.

BODYTRAFFIC Repertory will be selected from BODYTRAFFIC's performances at the Joyce Theater June 6-7. The program includes works by: Stijn Celis (Switzerland), Barak Marshall (LA), and Richard Siegal (Munich|Paris).

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