

# DANCE WORKSHOP: TURNING YOUR MOVEMENTS INTO ART

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## COURSE DESCRIPTION

Theoretical and practical training for Lifelong Learning Programme (UPUA) students, designed on the basis of the teachers' eight-year experience as an UPUA teacher and thirty-year experience as a teacher and researcher on body movement and personal expression and perception improvement.

## OBJECTIVES

The general objective of this course is for students to apply concepts such as artistic body movement, the challenge of gravity, rhythms and changes, direction in movement and how to find the best plane in a dance position in their daily lives.

**Its specific objective** is for students to save effort, tension and energy in their movements (thus avoiding stress, physical and mental exhaustion). This will ultimately help them improve expression and sensations. The only way to achieve this objective is to get to know yourself better, which we will do by:

- **Detecting** incorrect habits, positions and movements through extremely precise indications. We will also focus on re-educating ourselves, by:
- **Detecting** movement limitations that cause rigid, unbalanced expression. We will apply the trial and error method to explore new movements and stimulate new nerve connections in order to improve the students' personal capacities and possibilities.
- Continuous attention will be paid and exercises will be done to favour progressive systemic changes and forget all habits we wish to break free from.

## PROGRAMME

The following work lines will be developed:

- 1- Structure and space mobility, and interrelation between its parts.
- 2- Mobility between the scapular waist and the upper body.
- 3- Respiratory movement as a way to boost global integration.
- 4- Mobility and interrelation between the pelvic girdle and the lower body.

## STUDENT PROFILE

This course will be adapted to the students' needs, especially for those from the Lifelong Learning Programme.

## ASSESSMENT:

Continuous assessment. Students' interest, participation and progress will be taken into account.