

BODY DYNAMICS WORKSHOP. The grammar of movement

Lecturer: Cruz Vicedo Fuster

General remarks

My training in classical academic dance introduced me not only to the origin of dance and body movement of the early twentieth century, but also to discover, through my curiosity, other areas beyond classical dance with other authors with different goals, such as: Rudolf Steiner for aurhythmia, Emile Jaques Dalcroze for music, Matthias Alexander and Joseph G. Pilates for body posture, Rudolf Von Laban and Mary Widman for dance, Elsa Gindler and Elfriede Hengstenberg for children's physical activity, Ida P. Rolf and Emmi Pikler for physiotherapy and healthcare, Charlotte Selver for body expression, Mothé Feldenkrais from physics for health ... and many others up to date with the common goal of body movement.

In my case, I have focused my interest and training on some of them that have served me, along with my 35 years of experience from different areas, to develop a simple programme on the understanding and use of our best version in terms of mobility for daily activities.

OBJECTIVES

The main objective is to increase self-perception to improve mobility using mindfulness of movement through breathing and structural alignment, reducing unnecessary stress and strain until achieving a natural harmonious and proportionate movement in any activity that is performed.

CONTENT

A series of theoretical explanations for each topic (see programme) together with precise mobility practical verbal instructions for understanding the different positions.

Unit-1 Understanding of bending and stretching, lateral bending and rotation.

Unit-2 Understanding the use of the mobility of breathing as the motor of all movements.

Unit-3 Stabilization and non-stabilisation of the shoulder girdle through the arm movement

Unit-4 Stabilization and non-stabilisation of the shoulder girdle through the arm movement

Unit-5 Pelvic floor exercises using guided breathing.

PROGRAMME

Unit-1 Three-dimensional mobility of the spine. Implications between head and pelvis

Unit-2 Respiratory kinetics, motor and origin of body movement. Guided breathing

Unit-3 Differentiated and undifferentiated mobility between shoulder girdle and arm. Implications.

Unit-4 Differentiated and undifferentiated mobility between pelvic girdle and leg. Implications.

Unit-5 Relationship between diaphragm and pelvic floor.

PROGRAMME DEVELOPMENT

The programme is developed through 10 sessions of 90 minutes each, that is, two development sessions for each unit.

ADDRESSED TO:

Anyone with availability and desire to delve into their self-perception and mobility through a short and simple workshop. No previous knowledge of dance or body movement is necessary, regardless of their age.

HOUR BREAKDOWN

- From 17 October to 19 December 2018.
- Wednesdays from 10.15 a.m. to 11.45 a.m.
- 10 sessions
- 15 hours

- October: 17, 24 and 31
- November 7, 14, 21 and 28
- December: 5, 12 and 19

VENUE: Alicante City University Venue (Ramón y Cajal, 4)

PLEASE NOTE

IN ORDER TO OBTAIN THE COURSE CERTIFICATE, STUDENTS MUST:

***ATTEND AT LEAST 80% OF TOTAL COURSE HOURS**

***HAVE PAID FOR COURSE FEES**

***PASS TEACHER'S ASSESSMENT TEST**

***COMPLETE COURSE SATISFACTION SURVEY**
