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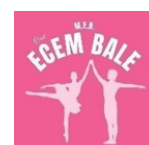
Project Agreement numbers – 2023-3-IT03-KA210-YOU-000182993 (KA210 YOU-DANCE)



Training Tools

Write your name: Participants were invited to explore their identity by translating the letters of their own name into movement. Using various body parts – from fingertips to feet, to the entire body as a writing instrument – they traced their name in the surrounding space or on the floor surface. They experimented by varying the scale (from large, legible movements to small, almost imperceptible gestures) and testing different dynamic qualities (continuous fluidity, fragmented or percussive writing) to discover personal shapes and pathways.

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Wrap Flow: This practice focused on a continuous and organic flow (Flow) of movement characterized by wrapping (Wrap) actions. Participants explored the sensation of winding limbs around their own torso or other body parts, perhaps evoking a protective embrace or a binding connection. They also experimented with spiraling movements that wound and unwound around the body's vertical axis or in relation to external points in space, all while maintaining a fluid, uninterrupted, almost liquid quality.

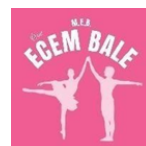
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Stone Move: Participants embodied the qualities of a stone (Stone), exploring weight, density, and deep rootedness to the ground. Movement (Move) emerged from stillness, with an emphasis on the slow, almost imperceptible transition from immobility to controlled action. Different textures and states of stone were explored – from unshakeable stability to the precarious balance of one rock upon another – working with resistance to movement but also with complete surrender to gravity through dense, conscious rolls on the floor.

Link:

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Spin Flow: The objective was to find freedom and control within an uninterrupted flow (Flow) of spins (Spin). Participants experimented with various types of turns – on one foot, around the vertical axis, on the floor, even as small rotating jumps – playing with variations in speed and amplitude. Attention was paid to managing the body's core as the engine of the spin, using the gaze for orientation (spotting, though not necessarily in a technical sense), and ensuring smooth transitions to link one rotation to the next without interruption or rigidity.

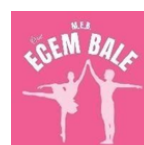
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Groundin' Move: This practice aimed to cultivate a deep awareness of the relationship between the body and the earth (Groundin'). Through slow, intentional movements (Move), participants explored the contact of different body parts with the floor, feeling the support it offered. Emphasis was placed on actively "yielding" weight to gravity, releasing unnecessary tension, and finding stability and security in rootedness. Deep breathing accompanied the exercise, helping to establish a sense of calm and presence anchored to the ground.

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Dual Balance: The exploration of balance (Balance) took place in a relational dimension (Dual). Working in pairs, participants had to negotiate weight, space, and points of contact, developing mutual trust and refining non-verbal communication to find a shared equilibrium, both static and dynamic. The exercise could also be interpreted individually, focusing on balancing between two body parts (e.g., right hand/left foot) or exploring one's own limits and recovering balance after being destabilized.

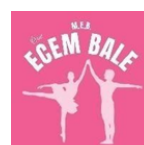
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Cat Flow: Participants immersed themselves in a flow (Flow) of movement inspired by the essence of the cat (Cat). They explored extreme spinal flexibility with undulations and arches, moved with silent, stealthy steps, and alternated moments of lazy stretching with sudden, agile bursts. Emphasis was placed on soft landings, the use of a curious and alert gaze, and the ability to move fluidly between states of relaxation and readiness for action, embodying feline grace and independence.

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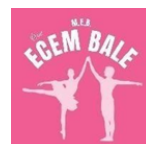
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Breathin' Move: Breath (Breathin') became the explicit engine and guide for every movement (Move). Participants consciously explored how the cycle of inhalation and exhalation could initiate, sustain, and conclude a gesture. They experimented with how different breath qualities (deep and calm, short and fast) could influence the dynamics, range, and texture of movement, using inhalation to expand into space and exhalation to release or contract. The goal was to cultivate a deep connection between breath, body, and mental presence.

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Ballin' Move: This exercise used the image and qualities of a ball (Ball) as inspiration for movement (Move). Participants explored actions such as rolling on the floor with different body parts, bouncing with lightness or power, and gathering the body into compact, spherical shapes. The focus was on the three-dimensionality of movement, imagining curved trajectories, and playing with the accumulation and release of energy typical of a moving ball – whether thrown, rolled, or bouncing – dynamically interacting with gravity.

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Animal Flow: In this fluid practice (Flow), participants drew from the vast repertoire of the animal (Animal) kingdom to enrich their movement vocabulary. They were invited to embody the characteristics of different creatures – slithering like reptiles, moving on all fours like mammals, or evoking the lightness of birds. The exploration focused on specific locomotion patterns (walking, running, jumping, crawling in non-human ways), iconic postures, and the use of animalistic strength, agility, and instinct, with a strong emphasis on ground-based work.

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