

Movement and dance workshop

Dance is a shortcut to happiness and a positive mood. The movement and dance workshop will be a collaborative process of 'waking up' the body, becoming aware of your abilities and gaining basic knowledge of modern and contemporary dance. Participants will explore different dance styles through improvisation, play, and a variety of exercises. Simple physical actions or gestures will be transformed into dance steps or choreographic sequences, encouraging creativity and expression.

By building a joyful collective spirit and fostering teamwork, participants will create choreography - a personal dance expression - through various exercises, tasks and creative challenges. The aim of the workshop is for participants to free their bodies, to believe that everyone can dance and to understand that everybody is welcome and unique, unlike any other.

The workshop is **open to all adults interested in contemporary dance, physical theatre and performance, as well as those who just want to dance and have fun.**

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[Link to the website.](#)