

ALUMNI-WORKSHOP 2019 „DANCE THERAPY“



PROGRAMME

FRIDAY, 11th October 2019

Speakers: Cornelia & Walter Widmer, Shalene Schmidt

- 16:30** **Registration**
- 17:00** **Welcome**
Organisational matters
- 17:15** **Workshop Introduction**
- 17:30** **I. Main theory of Dance Therapy**
Concept between
Movement-Music Dialogues
- 18:00** **II. Instructed Improvisation**
- 18:30** **III. Exchange of Experience
Dance Therapy**
- 19:00** **End**

SATURDAY, 12th October 2019

Speakers: Cornelia & Walter Widmer

- 09:00** **Welcome**
Programme of the day
- 09:10** **IV. Warm-Up**
Experience of body and space
- 09:30** **V. Authentic Movement**
- 11:30** **VI. Reflection**
- 12:00** **LUNCH** – bring your own lunch
Mensa (reserved area), outdoor space
- 13:00** **VII. Simulated Situations
in Movement**
Introduction
- 13:30** **VIII. Simulated Situations
in Movement I**
Practical unit + Reflection
- 15:30** **BREAK**
Mensa (reserved area), outdoor space
- 15:45** **VIII. Simulated Situations
in Movement II**
Practical unit + Reflection
- 18:00** **End**

SUNDAY, 13th October 2019

Speakers: Cornelia & Walter Widmer, Shalene Schmidt

- 09:00** **Welcome**
Programme of the day
- 09:10** **X. Warm-Up**
Experience of bodywork / Pair work
- 09:30** **XI. Body Focusing**
Introduction
- 10:00** **XII. Body Focusing**
Practical unit
- 12:45** **Evaluation**
Feedback, DAAD-Evaluation
- 13:00** **End & Departure**

PROGRAMME DETAILS

Date: Friday, 11th - Sunday, 13th October 2019
Palucca University of Dance Dresden

Speakers: **Cornelia Widmer**
Dipl. choreographer, dance teacher,
dance therapist & artistic director of
Forum *Tanz*

Walter Widmer
Dipl. Ing., musician on the violin

www.forumtanz.info
mail@forumtanz.info
www.clarity-coaching.de
mail@clarity-coaching.de

CONTACT & REGISTRATION

PALUCCA UNIVERSITY OF DANCE DRESDEN
Shalene Schmidt
Student Marketing & Alumni-Coordinator
Tel.: +49 (0) 3512590645
alumni@palucca.eu

Status quo: July 2019. Subject to change.