

## **Video Link Gyrotonic Staatsoper Hannover**

<https://vimeo.com/165917036>

### **Fusion of dance and gyrotonics**

In this class I will work on two founding principles of dance which are weight and symmetry. Through the gyrotonic/gyrokenisis method, my objective is to centre and align the bodies of the dancers. As well as develop and amplify the range of movement in each dancer with the presence of breath work. Other important points I shall cover in the class will be the transitions between position and steps. The use of contraction and extension in different body movements and how the body can move through these different ranges and will therefore bring the dancer a greater understanding of his or her own body's axis.

### **Gyrokenisis - 40 minutes of training**

The class will begin with gyrotonics and the focus of the training will be on mobility and stability of the hip as well as how to achieve flexibility and rotation of the torso. The exercises will be executed on a chair, without music so as to create a deeper understanding and concentration of the bodies mid-line. The importance of silence in the class is to enable the dancer to concentrate on his or her own breath as well as the rhythm of the group. This in turn will amplify the understanding of the movements execution and the awareness of being together as a group or ensemble. From the beginning of the working day I believe it is necessary to have a combined group energy and from this beginning point the dancers will learn to develop an awareness of each other and each others breath.

### **Ballet Class- 40 minutes**

The ballet class will continue on the points already established in the Gyrokenisis class and I will expand on these points through out the ballet training from the barre to petite allegro.

In the following paragraph I have elaborated on the importance of the fusion between dance and the gyrotonic method and its function in supporting the dancer.

In the twenty first century we expect dance and choreography to continually grow and evolve and as a result we require tools which can support the physical dimension to reach these expectations. Gyrotonics and gyrotonics are both systems which can support the dancer both in health and achieving a broader range of movement. These systems were developed by Julia Horvath an ex- dancer whom after retiring from a dance career due to injury decided to create a method to assist with pain and injury. He took his inspiration from yoga, dance, gymnastics, swimming and tai chi. As a result the method is a system which works the joints and muscles with out tension or force and with fluidity, relaxation and power which in turn re educates the body's movement patterns. Both methods are good for dance, first and foremost the most important aspect of both methods in relation to dance is it develops a greater awareness of the body. In dance this awareness or consciousness of how the body moves is important in driving and creating movement quality and dynamic. The body is the dancers instrument and the dancer is the choreographers instrument, therefore a dancer that is educated physically, emotionally and mentally will be able to achieve beyond their current level of dance. When the dancer begins to gain body awareness this will ensure they can prevent injury as well as gain a better understanding of their own body's functionality. Therefore, the fusion of the gyrotonic method and dance is a successful collaboration of developing the overall wellbeing and physicality of the dancer.