

## **INSTRUCTORS' COURSE MOVEMENT IMPROVISATION AND BODY SYMBOLISM**

Enrolment is underway! First come, first served.

### **COURSE AUTHOR AND INSTRUCTOR**

Dr. Detlef Kappert / Institute of Dance and Movement Dynamics in Essen. Germany.

### **INFORMATION ABOUT THE METHOD**

“Movement Improvisation and Body Symbolism” is a program of occupational training which makes use of professional dance techniques and methods of work with the body. It is an interface of psychology, arts and dance training with artistic expression and personal development in the field of humanistic psychology. The program was developed between 1976–1984 and has been described and used on a variety of occasions in Germany, France, Italy, and Austria. It is run at universities, culture institutes and with various occupational groups.

The method represents one of the currently leading ideas of merging dance movement training (physical fitness) and perception training (perception skills), as well as integrating the body and the mind (self-development, self-awareness) and expansion of forms of autcreation and expressiveness (spontaneity, openness). During the 135 hours of the instructors' course the participants acquire knowledge of a wide range of new ways of creative expression, enhance individual movement predispositions, improve their own dance technique and develop their unique style.

### **CLASSES METHOD**

The Course does not require prior occupational experience in the area of movement, but at the same time calls for a readiness for a process of development and a creative merger of physical energy and intellect with emotional power and openness to the world of movement and sound. The course participants acquire professional therapeutic dance techniques, based on training such universal / fundamental movement aspects as: space, form, time, dynamic, movement flow, impulse, rhythm, body weight, contact with a partner.

### **THE PROGRAM IS BASED ON THE FOLLOWING SOURCES:**

- humanistic psychology, autogenic training,
- modern dance, new dance, jazz dance, classic dance and ethnic dance,
- pedagogy of breathing, yoga, meditation, working with voice in connection with movement,
- eutony (a method of working with body tensions according to Gerda Alexander),
- choreo-therapy, pantomime, movement theatre, expressive dance, dance theatre training,
- improvisation techniques, methods of creating performance art, dance composition.

### **DATES OF IV EDITION:**

18 days, 135 hours, January – September 2018

(27-28.01.2018; 17.03- 18.03.2018; 21-22.04.2018; 18 – 21.05. 2018; 23 – 24.06.2018; 27 – 30.07.2018; 1-2.09.2018)

### **VENUE:**

studio Warsaw Dance Department, Pałac Kultury i Nauki, Pl. Defilad 1, Warszawa.

### **TARGET:**

The Course is targeted at students of all majors, mainly of pedagogy, psychology and cultural studies, as well as dancers, theatre specialists, occupational therapists and all interested in dance therapy, acquisition of qualifications and use of the “movement improvisation and body symbolism” method in one's own work.

**LANGUAGE OF INSTRUCTION:**

The Course will take place in English, with the participation of a qualified polish interpreter.

**PRICE:**

3,900 PLN.

The price includes the costs of materials and teaching aids.

The price is exclusive of accommodation, board and travel costs.

The amount should be transferred to the Made in Art Foundation account, Bank Ochrony Środowiska, ACCOUNT NO. 22 1540 1056 2105 8300 0924 0001, with the note: "MOVEMENT IMPROVISATION AND BODY SYMBOLISM", participant's first name and surname).

The fee may be paid in three instalments.

A down-payment of 900 PLN should be sent along with the application form.

1st instalment – 1,000 PLN – 05.01.2018

2nd instalment – 1,000 PLN – 30.04. 2018

3rd instalment – 1,000 PLN – 30.07.2018

**QUALIFICATIONS:**

A Certificate in German, Polish and English issued by the Institute of Dance and Movement Dynamics in Essen: "INSTRUCTOR OF MOVEMENT IMPROVISATION AND BODY SYMBOLISM"

Send the application form to: [fundacjamadeinart@gmail.com](mailto:fundacjamadeinart@gmail.com)

Enrolment is based on a "first come, first served basis", involving the submission of an application form and the down-payment of 900 PLN.

More information at: +48 504 260 863

**DR. DETLEF KAPPERT**

The author of the "movement improvisation and body symbolism" method. A doctor of psychology, dancer and psychotherapist of behavioural therapy. He studied psychology and dance in Bochum, Essen, Berlin, New York, and Haiti. He has lectured at universities and educational and therapy institutes in Germany, France, Ecuador, Spain, and the United States. Since 1995 he has worked in his own program whose asset lies in the combination of dance training with artistic expression and personal development in the spirit of humanistic psychology. He heads Institute of Dance and Movement Dynamics in Essen and a psychotherapy practice as well as instructors' courses and workshops for various occupational and age groups.