

Acrobats • Yogis • Dancers • Actors • Singers

Feeling **STUCK** in your movement?

Flow between your poses

Find your power through flow

Expand your partnering skills

Summon your inner strength

Workshop

Saturday 12-6 October 11
& Sunday 12:30-6 October 12
(includes optional dance class Sat 10-11:30 am)

SF Dance Center
26 7th Street
(@Market, Civic Ctr BART)

\$110 (\$80 if paid by October 1)
Please make checks payable to

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415-381-9933

Gitta Sivander is an acrobat, dancer, physical-and somatic movement therapist from Germany, now living in the Bay Area. She has practiced, taught and performed partner-acrobatics and contact improvisation since 1993. She attended circus school in Paris and is now working toward certification in Laban/Bartenieff Movement Analysis.

Flow is the baseline of movement and the throughline of performance. Flow connects the whole body and provides the internal support we need to move freely. We will explore the concept of flow in water, wind, and fire; and apply our new experience of flow to partner acrobatics and personal movement style. Bring questions!

Hilary Bryan is certified in Laban Movement Analysis and Bartenieff Fundamentals, with teaching credits at SFDC (since 1997), UC Berkeley, CSU Hayward, SF State University, and dance festivals in Moscow, St. Petersburg, Taiwan, and New Zealand. She codirects Frank and Bryan Dance Company and practices movement therapy, coaching dancers, singers and athletes. She founded The Body At Work, ergonomics training and consulting for computer users (www.thebodyatwork.com).

