

# STREAM-FLOW Method med HEIDI VIERTHALER

• 29-30 Maj 2021 • 11:00-15:00 • Danscentrum Väst •

*Heidi's stream - flow method has an intuitively progressive guidance that allows me to discover a sense of full body freedom and interconnection. Through imagery and sensation it provides an in-depth look at how each part of the body, when examined clearly and simply, can be a catalyst for naturally occurring, complex movement. After taking the class, I feel new movement channels open in my body and a heightened awareness for what it means to be fully present in my own movement research. - Scott Fowler, dancer Netherlands Dans Theater*

A unique and constantly evolving tool for dancers using visual imagery and tactile exercises to help release the body and heighten awareness. From simple ball imagery, exploring inner and outer body, via delicate touch guidance, causing an array of dynamics. Ideal for breaking habitual movement patterns. Heidi's Stream-Flow method has been recognized as an effective somatic movement method. It was recently featured in a publication on [dance practices](#).

Stream Flow is the starting point for Heidi's teaching and choreographic works and is integrated into both Contemporary and Ballet classes for professional dance companies and dance institutions. Heidi's interest lies in discovering a deeper knowledge of the body's possibilities for the benefit of others and to continue developing her own distinctive movement language. Stream-Flow is an effective and creative approach to bridging different dance forms. The focus of the workshop will be on integrating heightened inner and outer awareness as the foundation of endless initiations and physical organisations. We will work on separating the body into small sections from joint to joint and space to space. We'll also work on movement phrases that will allow for surprising initiations, and a richer result with less effort and a rich pallet of dynamics.

ANMÄLAN VIA [DANSALLIANSEN](#)

Videolänk: [Stream Flow Method](#)



Photo : Alessio Beadijk

Heidi Vierthaler började sin karriär hos Pacific NW Ballet i Seattle. I mitten av 90-talet började påbörjade hon sin europeiska danskarriär med bland annat arbete för Ballet Frankfurt, The Forsythe Company och GöteborgsOperans Danskompani. Hon är idag verksam som koreograf och undervisar kompanier och festivaler runt om i Europa. Workshopen är ett samarbete mellan Dansalliansen och Danscentrum Väst.