

Somatics into Contemporary

Sharon Hilleli Assa

Experiencing oneself through movement that deals with the human body's anatomy. We will use the principles from Feldenkrais' method and release techniques in order to find organic and logical fine tuning of body and mind. We play with gravity, organize the movement in its efficient way, elaborating individual movement, as well as using images as a bridge between body and mind, encouraging individual interpretation and sensing of wholeness. Stimulating the body to exploration that can easily shift from structured sequences into improvisation. We inquire the relationship to space and to each other, listening to one's own desires, timing the way we phrase movements, sensing while dancing.



Sharon Hilleli Assa, Israeli dance teacher, lives and creates in Berlin since 2012. She graduated from the Dance - Performing Arts, Kibbutzim College Tel-Aviv (B.Ed, 1997). In 2001 she completed her MA in arts education from the University of Leeds, UK and was honored on her MA work investigating "The role of the image in teaching dance technique". Aspects such as precision of action, sense of wholeness, awareness and individual study, encouraging personal discovery and interpretation.

Dancer in "Tamar" Company (1989-1992) directed by Zvi Gotheiner and Amir Kolben. 1993-1995 she moved to New York; studied at Dancespace center and performed with different choreographers: Laurie De Vito, Twyla Tharp amongst others. Since 1995 she is creating her own work for stage and videodance and had the pleasure to collaborate and perform with choreographers in Israel and Europe: Emmanuel Grivet, Amos Hetz, Arie Burstein, Nimrod Fried, Shlomit Fundominsky a.o., dancing and creating with "Octet" a group of artists investigating improvisation and its combination with music and text (2006-2009).

Since 2002 she teaches contemporary dance, composition and improvisation at the Dance-Art Department in "Wingate" College and in "Ramot- Hefer" highschool, enhancing dance technique with Feldenkrais, Pilates and Yoga Methods. Recently free lance dancer and choreographer, teaching in Berlin at Tanzfabrik, Dock11, Sasha Waltz & Guests.

Donnerstags/Thursdays 20 - 22 h | Level: offen/open



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