



# Practice Yuval Pick

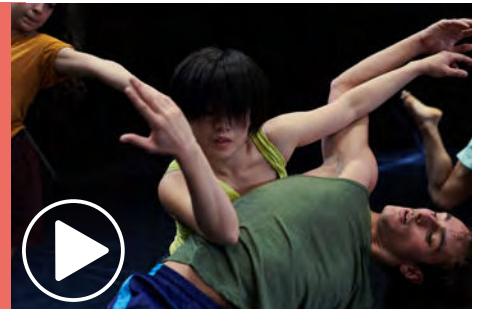
## Morning classes

For several years, Yuval Pick has been developing a method that nourishes his dance and his pieces and that has become the daily practice of the dancers in his company. This method gives tools to prepare the body for a day's work while inviting the dancers to awaken their imagination. *Practice* is explored together and contributes to the creation of a bond within a troupe.

The five fundamentals of *Practice* :

- Body rotation
- Weight transfer and rebound
- Movement from the centre to the periphery
- The «space-in» as a play area
- Each movement is an action motivated by an intention.

These five fundamentals allow the physical and creative potential of dancers to be expanded. They give tools to be able to live the movement in real time and share its expressiveness with others. *Practice* enriches virtuosity through precise exercises and improvisation guided by playful and organic images.



Watch the *Practice* teaser



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## Contact

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