



Practice Yuval Pick Workshop

Enriching virtuosity, expressiveness and stage presence.

We propose a workshop that will allow you to experiment and deepen the fundamentals of the *Practice* method, and to go through Yuval Pick's choreographic writing through the transmission of the piece *Pazaz*.

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

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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