

# Dmytro Grynov

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## **Class description : Improvisation class “Free limits”**

During warm up I'm focusing on preparing the body and mind of dancers for further deeper exploration, which allows them to move freely without any limitations, while having some clear images about tools and principles that can be used in this artistic journey. With the help of meditation, yoga and martial arts exercises we are going to tune our body and flow of our own energies in order to achieve proper state of body and mind presence for upcoming practise.

The main core of the class incorporates guided by teacher structured improvisation sessions, which involves plenty of floorwork, active space exploration and some adapted for Covid-19 partnering exercises. Within specific tasks, principles and images we are throwing ourselves in an exploration world with a certain level of awareness about how our body can function and in which specific direction we would like to go. Practically wise it includes aspects of efficient work with space and spacial awareness, trajectories and movement`s paths, spiraling and liniar movement characteristics. In addition research actively involves work with certain qualities and energies that wish to be achieved and how these affect our presence in space and our movement patterns.

In order to strengthen the experience and presence of achieved progress towards the end of the class we do one exercise where partner helps us to solidify gained knowledge. Additionally we layer an emotional level to our research that brings the whole practice to other dimension and can be used as a tool for further artistic practice of each and every dance individual.