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THE LISTENING BODY - MOUVEMENT WORKSHOP BY SILVANA LEMM

Silvana's dance class is an invitation to rediscover your own body and to let movement arise from inner awareness. Inspired by the Gaga movement language, the class combines physical intensity with sensory awareness.
Through guided improvisation, we explore dynamics, textures and the continuous activation of the body. Using imagery, inner impulses and clear tasks, we address strength and lightness as well as control and letting go.
The class is aimed at movers and those interested in movement who are open to exploratory work. The focus is on presence, curiosity and a willingness to expand familiar movement patterns.



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