

## CLASS/WORKSHOP OFFERINGS

- **Contemporary Dance Technique** – *expanding on the teachings of Alwin Nikolais and Murray Louis this class offers tools for the technical and creative exploration of the body in motion with particular attention paid to increasing efficiency, functional alignment, balance, and expressive range in performance. Class includes floor warm-up, center work, and locomotion in space. Emphasis is on facilitating individual development through continued exploration of technical concepts from a fresh perspective.*
- **Improvisation** – *drawing on the teachings of Alwin Nikolais and Murray Louis this class provides students with skills for unleashing creative potential through invention and exploration of movement concepts that are designed to increase physical intelligence and expressive versatility. Concepts explored include time, space, shape, motion and dynamics. Initial focus on basic principles of immediacy, decentralization, and totality facilitate growth toward more elaborate improvisational scenarios. Students will work individually, in duos and as a group to develop sensitivity and responsiveness within a broad range of creative work.*
- **Slow Tempo** – *based on the work of noted Japanese theater director Shogo Ohta, Slow Tempo is a slow movement practice that emphasizes the moment-to-moment fact of one's "being here." Through this work students develop improved concentration, sensitivity to the totality of thought and motion, and greater impact in performance. Each class begins with a thorough, full-bodied warm up, followed by exercises that address technical challenges of moving slowly, including balance, focus, and efficiency. Structured improvisations allow for free exploration of the aesthetic principles of moving in extreme slowness, where Ohta believed "we find fresh expression to defamiliarize our daily experience - to look again."*

Additional classes/workshops offered by the company:

- **Contemporary Partnering Skills** – *this class addresses elements of partnering (including counterbalancing, weight exchange, lifting and ensemble work) with the knowledge that by understanding basic laws of physics and biomechanics anyone can be a successful and dependable partner in dance and other forms of performance*
- **Composition** – *this class focuses on helping the individual develop a personal practice for exploring possibilities in choreographic structure and form during the creation of new dances*
- **Collaborative Process** – *this class gives individuals and groups an opportunity to explore methods for working with others (including across disciplines) by focusing on the development of listening skills and strategies for realizing the larger goals of group work*
- **Movement for Actors** – *this class allows actors to explore how the body works in order to find greater physical ease in the development of character and powerful presence in performance*
- **The Nikolais/Louis Legacy** – *this lecture-presentation offers fresh historical perspective on the American modern dance luminaries Alwin Nikolais and Murray Louis, whose unique contributions to the art form continue to be felt today. (Presentation lasts approximately 60 minutes)*

Individual classes are typically between 1.5 – 2 hours in length unless otherwise noted. Individual Slow Tempo classes require a minimum of two hours, though three or four hours are ideal. Longer workshops may be designed to fit your scheduling needs, including one-to-three day, and weeklong residencies. The company is also available to conduct extended residencies lasting more than one week. Please contact the company via email ([info@peterkyledance.org](mailto:info@peterkyledance.org)) to schedule a residency or to inquire about classes and workshops.