

**PHYSICAL  
DAYS BERN**  
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# PHYSICAL DAYS BERN

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Workshop with Alleyne Dance,  
Kristina and Sadé Alleyne

01 November 2020  
10 am to 4 pm, 90 CHF

Interested?

Register at [marcelleemann@gmail.com](mailto:marcelleemann@gmail.com)



## AD Workshop

The Alleyne Dance Workshop will involve strong, complex and technical sequences in and out of the floor, focusing on quality, initiation, performance and stamina. Throughout the workshop, we will explore improvisation as a part of self development, stemming from a physical intention.

The desired outcomes for the workshop are to develop the dancers' physicality, flexibility, technique, build awareness for textures in movement and to stimulate the creative mind, driving from passion, musicality and honesty.

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