



## **OPEN ENROLMENT TO FORUM DANÇA CLASSES 2018/19**

The regular classes of Forum Dança in Espaço da Penha reach the different faces of interpretation and movement as well as the full range of levels. Dance, Movement and Theatre for children, young people and adults are classes oriented by teachers that combine their constant research with effective pedagogical strategies. The first class, if attended in October is free of charge.

### **ADULTS**

#### **CONTEMPORARY I**

**With Maria Ramos**

Open level classes for professionals— who want to revisit the technical principles of movement or maintain the body work routine— and non professionals— who want to acquire the dance and movement technical basis or even prepare themselves for a professional course of dance—. The diversity of experiences and technical levels can be quite positive and recursive as a pedagogical methodology.

#### **CONTEMPORARY II**

**With Maria Ramos**

This class aims to develop the technical and creative competencies of the participants. It increments and stimulates their dance vocabulary by two complementary perspectives: the articulated movement—detailed and thoughtful—and the fluid movement, in which the form is researched and discovered through the inner dynamics of the movements. Starting from a consistent technical basis and from the activation of the physical, subjective and collective imaginary, research exercises are proposed in order to construct movement sequences. These, being more detailed or breathable—open— are absorbed by the students by exploring different status, qualities, dynamics and focuses.

## Choreographic Laboratory With Maria Ramos

The goal of the Choreographic Laboratory is to provide, through all year, a regular space of creation and experimentation boosted by the teacher and amplified by each participant. The focus of this class is on the individual creative abilities and competencies from the students. By incrementing the movement vocabulary and the composition tools, the performatic presence of each student is valued in the contemporary dance context.

### Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
	19h30-21h00 <b>Contemporary I</b>	19h30-21h00 <b>Choreographic Laboratory</b>	19h30-21h00 <b>Contemporary II</b>	

### Enrolment Prices

October to March	€25
April to June	€15
Old Students	€15
Renovation	€10

### Instalments

Frequency	Children and Adults	Children 3-5 anos
1x/ week	€30	€25
2x/ week	€40	
3x/ week	€50	

### Payment options without enrolment (insurance is not included)

5 classes pass (3 months max)	€45
Free Class	€10
Adult Experimental Class (In case of enrolment this value is subtracted)	€7

### Enrolment form:

<https://goo.gl/forms/LwNyieJdhnzbAkvx2>

