

IMPULSE

PRACTICE MOVEMENTALIST

A weekly open Movement Practice led by Dayna Martinez Morales and Vincent Verburg facilitated by Plein Theater in Amsterdam.

Impulse is an inclusive movement practice. A structured yet open approach towards the essence of dance, with tools to develop a true sense of self by exploring different qualities and forms of moving.

Open to all dance & non-dance disciplines and suitable for everyone, transcending forms and styles.

In this practice you will non-stop dancing for 40-60 minutes. Exploring soft/ hard, staccato/ liquid and rhythmic dynamic movement patterns as well as practicing space awareness and authentic (inner) movement. Releasing through expanding and shrinking, synchronizing breath and movement, conforming/ confronting your physical and mental structures.

The practice is donation based with a minimal commitment of 10 practices
Individual Practice on Request
For more information and registration email to info@movementalist.nl
Donations to NL07 RBRB 0706 3775 75 t.a.v. Stichting Movementalist o.v.v. 'donation Aceleratio'

All Donations Go To Next Performance Experience **ACCELERATIO** @Ndsm Fuse, Amsterdam in March 2021.

Join the movement! Subscribe here:

<http://eepurl.com/g3F5Sn>

Experiences

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These unusual times call for unusual practices, and I am so grateful to be able to dance "together" while apart (even in different continents!). Authentic movement is for me the ultimate surprise: eyes closed, never knowing what movement my body will make next, trusting that my body knows what to do.

Saskia/ The Netherlands

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I am really happy for the opportunity to dance at home. I miss of course the deeper contact we had. Now it is funny to dance with new people from different countries I dance with Dayna as well as Vincent and I always feel a fine balance between being lead and dancing freely. No words to explain the extreme pleasure and benefit I feel!

Feeling is the word.

Zelda/ The Netherlands

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During the zoom lessons with Vincent I almost forget there's a screen between us, his energy is so infectious. Especially because I'm not an experienced dancer, my own living room feels safe to experiment with moving. Having said that, in the live session I attended, I also felt a safe space to explore and connect on the dance floor.

Terah/ The Netherlands

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La práctica con Dayna y Vincent es un reto físico y mental. Cuando uno se acostumbra a pensar en la práctica de la danza y el movimiento como algo principalmente físico y técnico te encuentras con la posibilidad de incluir la mente y el cuerpo pensante de manera más activa. Durante la práctica descubro que el cuerpo conecta diferentes motores, se introduce en el espacio de formas más diversas, confronta el tiempo y su propia fisicalidad, me conecto con mi mundo interior y redescubro el mundo exterior, a veces de manera placentera y otras de manera desafiante.

¡Gracias! Maria José Rivera/ Bolivia

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The practice of these months has helped me to find myself and recognize my body. It has confronted me with my own corporal and spatial limits, but at the same time it has given me the possibility of changing geographies and creating new imaginaries that can inhabit this physical body.

Maria Elena/ Bolivia

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