



Human - Fields

PRESENTS

ONLINE
BODY AWAERNESS
SEMINAR

APRIL • 17 • 2021



PROGRAM

APRIL • 17 • 2021

(BERLIN LOCAL TIME)

**BODY CONDITIONING CLASS
BY DOR MAMALIA & DARIUSZ
NOWAK**

16:00 PM - 17:30 PM

**LECTURE ON PAIN
MANAGEMENT AND DANCE
INJURIES REHABILITATION BY
OFRI LAUER**

17:40 PM - 19:00 PM

**FELDENKRAIS CLASS BY YAEL
CIBULSKI**

19:10 PM - 20:15 PM

PRICING

EARLY BIRD PRICE: 32 EUR

NORMAL PRICE: 40 EUR

SPECIAL PRICE FOR STUDENTS OF HUMAN FIELDS'

ONLINE BODY CONDITIONING PROGRAM: 27 EUR



ABOUT THE CLASSES

BODY CONDITIONING

We concocted classes based on the purity of core muscles workout, finding the balance, and creating awareness and strength in the body. We want to emphasize the proper postural alignment, and to awaken and develop core muscles by flexing, extending, elongating, and most importantly: using organic movement. We will also correct small weaknesses in our bodies and work on the flexibility by focusing on long and stretched movements. The classes are based on our knowledge of anatomy, classical and contemporary Pilates, yoga, as well different dance styles and techniques. We want to encourage everyone to join us on this journey and meet as we are.

This class is a total body strength workout.

LECTURE

In her lecture, Ofri will provide an introduction of pain management, including the reasons we feel pain, types of pain, theories of pain and treatment modalities. Ofri will further elaborate on physical therapy for dancers, common injuries and relevant exercises.

FELDENKRAIS

During the online Feldenkrais class, you'll be given simple tools to create a new kind of relationship with your body, from the comfort of your own home.

You will reveal your habitual movement patterns and discover new and easier ways to move. We will touch on the subjects of how to prevent injuries, how to heal your own pain, and how to increase the range of movement effortlessly.

A photograph showing a woman in a black top performing a massage on a person lying on a table. The woman is focused on her work, and the person being massaged is relaxed. The scene is set in a bright, clean room with a window in the background.

WHAT MOTIVATES US?

As dancers we have always had a lot of questions about what is right or wrong to do. Many times we have experienced that many therapists equals many opinions. We also know how rare it is to find a therapist who are really experienced in not only working with dancers, but **understanding and relating deeply to dancers' totality of work**. Many, unfortunately, underestimate the mental state behind recovering from or dealing with an injury, as well as the intensity and non-linearity with which our bodies function in movement. We often end up being compared to other athletes, and as we already know, this is not always the right approach.

Based on years of observations of the dance community, as well as from personal experiences of ours and our colleagues, we have decided to create this **ONLINE BODY AWARENESS SEMINAR** in a response for a need for up-to-date, and clear information.

Although we are limited in space, we want to look at it as if we were given a one-time opportunity to get inside ourselves and understand the movement happening from within, instead of finding it in the wide space we are thought to move in.

Our profession creates a lot of physical, but also mental pressure. That's why based on our dilemmas aroused from our research and from our students, **we decided to share with you the process we ourselves want to discover and deepen**. For this purpose for our first seminar we decided to invite two wonderful professionals and our dear colleagues. Colleagues and dear friends who have a lot to share from their personal experiences and professional knowledge, and most importantly - who are both dancers. :)

ABOUT US



Yael Cibulski - an Israeli dancer, teacher, and choreographer. She holds a bachelor's degree in dance from the Codarts University for the Arts in Rotterdam, the Netherlands (2007-2011), and is a former member of the Vertigo Dance Company in Israel (2011-2015). Additionally, Yael is a Feldenkrais® practitioner, certified by the Ruty Bar Feldenkrais Method Training Program in Tel Aviv (2015-2019). Since 2015, she has worked as a freelance dancer with various choreographers. Additionally, she has taught and developed her technique Potential-Space, in the form of masterclasses and workshops held around the world, at a variety of academies, companies, and dance training programs.



Ofri Lauer - a physiotherapist of leading Israeli dance companies and a pilates instructor. Danced for Fresco and the Israeli Ballet dance companies. She is a certified physiotherapist, B.P.T, with specialization in orthopedic rehabilitation, dance injuries and sports injuries. Ofri is trained to diagnose, treat, and rehabilitate pelvic floor issues, as well as to use dry needling techniques. To read more about Ofri please visit: www.ofrilauer.com.



Dor Mamalia - As a dancer he danced pieces by William Forsythe, Marco Goecke, Emanuel Gat, Jacopo Godani, Georg Reichel, Brian Arias, Jo Strømgen, Po-cheng Sai, Sussane Linke and many more. He worked in Tanz Luzerner Theatre, Vertigo Dance Company, Kibbutz Dance Company and others. Winner of the Israeli Ministry Culture prize "Best Cast Performance" in 2013 & 2014. The receiver of the Audience Award at the Copenhagen Choreography Dance Competition 2014. Since 2018 a co-founder of a dance collective Human Fields. His works performed in Korzo Theatre, Sadler's Wells Theatre, Amsterdam, Paris, Moscow, Regensburg, St.Petersburg, Tel Aviv, Warsaw, Mexico City.



Dariusz Nowak - A contemporary dancer, actor, young choreographer. He worked with artists such as Saar Magal, Jacek Luminski, Luca Signoretti, Vladimir Varnava, Jin Young Won, Niv Marinberg, and others. In 2017 he began a collaboration with Dor Mamalia that resulted in establishing their Berlin-based dance collective Human Fields. Since then he had many opportunities to perform his works in most recognisable theatres such as Susanne Dellal Centre, Sadler's Wells, Korzo, Nuremberg Theatre, and others. He works with many professional dance programs such as Royal Danish Ballet Summer School, ZHdK, DAF in Rome. He is also preparing to begin his PhD.