

# ALUMNI-WORKSHOP 2019 „DANCE THERAPY“



## PROGRAMME

### FRIDAY, 11<sup>th</sup> October 2019, Studio 10

Speakers: Cornelia & Walter Widmer, Shalene Schmidt

- 16:30 Registration**
- 17:00 Welcome**  
Organisational matters
- 17:15 Workshop Introduction**
- 17:30 I. Main theory of Dance Therapy**  
Concept between  
Movement-Music Dialogues
- 18:00 II. Instructed Improvisation**  
(Photographs & videos clips will be taken during this unit)
- 18:30 III. Exchange of Experience  
Dance Therapy**
- 19:00 End**

### SATURDAY, 12<sup>th</sup> October 2019, Studio 10

Speakers: Cornelia & Walter Widmer

- 09:00 Welcome**  
Programme of the day
- 09:10 IV. Warm-Up**  
Experience of body and space
- 09:30 V. Authentic Movement**
- 11:30 VI. Reflection**
- 12:00 LUNCH** – bring your own lunch  
Mensa (reserved area), outdoor space
- 13:00 VII. Simulated Situations  
in Movement**  
Introduction
- 13:30 VIII. Simulated Situations  
in Movement I**  
Practical unit + Reflection
- 15:30 BREAK**  
Mensa (reserved area), outdoor space
- 15:45 VIII. Simulated Situations  
in Movement II**  
Practical unit + Reflection
- 18:00 End**

### SUNDAY, 13<sup>th</sup> October 2019, Studio 10

Speakers: Cornelia & Walter Widmer, Shalene Schmidt

- 09:00 Welcome**  
Programme of the day
- 09:10 X. Warm-Up**  
Experience of bodywork / Pair work
- 09:30 XI. Body Focusing**  
Introduction
- 10:00 XII. Body Focusing**  
Practical unit  
(Photographs & videos clips will be taken during this unit)
- 12:45 Evaluation**  
Feedback, DAAD-Evaluation
- 13:00 Receive your participation  
confirmation & End**
- Departure**

## PROGRAMME DETAILS

**Date:** Friday, 11<sup>th</sup> - Sunday, 13<sup>th</sup> October 2019  
Palucca University of Dance Dresden

**Speakers:** **Cornelia Widmer**  
Dipl. choreographer, dance teacher,  
dance therapist & artistic director of  
Forum Tanz

**Walter Widmer**  
Dipl. Ing., musician on the violin

[www.forumtanz.info](http://www.forumtanz.info)  
[mail@forumtanz.info](mailto:mail@forumtanz.info)  
[www.clarity-coaching.de](http://www.clarity-coaching.de)  
[mail@clarity-coaching.de](mailto:mail@clarity-coaching.de)

## CONTACT & REGISTRATION

PALUCCA UNIVERSITY OF DANCE DRESDEN  
Shalene Schmidt  
Student Marketing & Alumni-Coordinator  
Tel.: +49 (0) 3512590645  
[alumni@palucca.eu](mailto:alumni@palucca.eu)

**DAAD** gefördert vom  
DAAD aus Mitteln des  
Auswärtigen Amtes (AA)



Diese Maßnahme  
wird mitfinanziert  
mit Steuermitteln auf  
Grundlage des vom  
Sächsischen Landtag  
beschlossenen  
Haushaltes.

Status quo: September 2019. Subject to change.