

# THE APPLICATION OF SPIRALDANCE

## spiralarts dance theatre

The following class / workshop session is intended as a general example of how SpiralDance may be applied. Please also refer to the 'Elements' Table (page 4) and supplementary information sheets designed with particular groups in mind.

### Preparation

#### Warm-up:

*swings, bounces and free flowing movements to release excess tension and enhance vitality and good energy*

#### Stretches:

*to open specific areas of the body by stretching with the breath to bring overall awareness and focus*

#### Expansion and contraction:

*working with the breath to explore external and internal movement impulses*

#### Tone and strength:

*specific SpiralDance 'earth' exercises to strengthen the body, particularly the legs and back, to enhance balance, tone and support*

The theme is often based on or inspired by one of the elements, or contrasting elements, and is discussed to find everyone's association with it.

### Theme/Core Content

*For example, FIRE:*

*This can be explored through guided improvisation; for example, moving fast around the room, constantly changing directions to fast, energetic music; or two people exploring 'flames' by trying to move their arms into the spaces created by each other's movements, and so on. Fire can also be associated with emotions ranging from anger to joy, creating dramatic situations through which these are expressed. The session would then work through specifically choreographed dance sequences and, ultimately, a choreographed dance relevant to the theme – for example the story of the Firebird. Or, when appropriate, groups are guided to create their own choreography.*

### Close Down

The session would usually end with slow stretches on the floor and/or a slow meditative movement sequence with particular emphasis on the synchronisation of breath and movement.

Time is allowed to talk through and assimilate the experiences of the session.

