



**counter
technique.**

Workshop with Eilit Marom

Tuesday December 9th
19:00 – 21:00

Countertechnique

Countertechnique is a movement system developed by Dutch choreographer Anouk van Dijk to help the dancer think about the dancing body, focusing on the process of incorporating information into action. Within a clear structure of exercises the Countertechnique class enable dancers to move bigger, more fluidly and more spatially, while becoming stronger and more flexible. The Countertechnique class results in dancers losing their fear of taking risks and dancing in a healthier way with regards to body and mind.

For more info visit the website: www.countertechnique.com

The workshop

In the workshop you will be introduced to the training method by working with tasks, playful games and exploring through improvisation, in order to physically experience the principles of Countertechnique.

A short video from a workshop in Tel Aviv, 2014: <https://vimeo.com/97163184>

About the teacher

Eilit Marom is a dancer, choreographer and teacher. Originally from Israel, Eilit is now based in Amsterdam, the Netherlands. She has studied Countertechnique since 2007 and had an internship as Anouk van Dijk's assistant in 2009. She has been teaching Countertechnique since 2012 around Europe in companies, academies and dance centers amongst other in Sweden, Switzerland, Israel and The Netherlands.

Eilit studied dance at 'Reut' and 'Wizo' art schools in Haifa and attended the course for professional dancers in Kibbutz Gaaton. In 2006 She moved to the Netherlands and in 2010 completed her B.A at ArtEZ Dance Academy in Arnhem. Since her graduation Eilit danced with amongst others choreographers Jérôme Bel, Jack Gallagher, Amos Ben-Tal, Kalpana Raghuraman, and since 2011 with Simone Truong in Gessnerallee, Zurich. Eilit is an independent choreographer and her work has been presented in various theaters and festivals.

Practical info:

Date: December 9th 19:00 to 21:00

Price: 15,00 euro (minimum of 8 participants)

Place: Cliffordstudio, Cliffordstraat 38 Amsterdam

Register at: rianneslenema@gmail.com (closing date is December 5th)