

# DROP & CATCH

WORKSHOP



**DANA**  
DANCE PROJECTS  
**RVZ**



# DANA RAZ

- Former dancer at: Muza Company, Kibbutz Contemporary Dance Company (Rami Be'er, Itzik Galili, Idan Sharabi...) y Cienfuegos danza.
- Contemporary dance main teacher at the *International Dance Village*.
- Independent creator from 2007: " Man\_o", " Wolves", "Kiluf" , "Eztem Zar", " Tehom", " Tesela" .
- Founder and director of Dana Raz Dance Projects (2014-2019).
- Teaches workshops all over the world.
- In 2012 was the recipient of the Yair Shapira award for dance, and in 2016 received the Serondaya De Las Artes award for her innovation in culture.

Press play to discover more about  
Dana Raz





# METHODOLOGY

According to the methodology worked by Dana Raz, the base of movement is in the center of gravity of the body. An imaginary point, which in dance terms, we would approximately locate in the abdomen area. That's where the initiation of the movement starts, almost in a circular way; for each outward projection would return to the same point. The methodology is based on classic lines of learning, but it is flexible in order to open a field of alternatives in the investigation of new patterns. Self-control, action-reaction, gravity, release, rhythms etc. Are concepts worked on a stimulation form for the students, searching to connect body and mind with space and the dancer's own sensations. The discipline, the personal challenge and the solidarity between the dancers, are three essential premises for Dana Raz in the professional formation. Values that lead to a clear improvement in both their technique and their artistic personality.

- Floor work
- Manipulation, articulation and dissociation of the body.
- Strength and stamina.
- Guided improvisation directed by images, imagination, textures and sensations.
- Work of gravity; balance and off balance, drop and catch.
- Construction and strengthening of our center, launch, extension and compactibility, control and release of the body.
- Work in different dimensions, qualities and dynamics.



# DANA RAZ WORKSHOPS

- An intensive and intense body work (mental and physical), bringing it to its maximum and beyond.
- Classic ballet technique with different approach and initiation.
- Repertoire and company language – Dana Raz Dance Projects
- Techniques of exploitation and use of space.
- Individual work.
- Work of the creativity of the student and the projection of his figure before audience ( appearance)

# DANA RAZ WORKSHOPS





# RESULTS

At the end of the workshop the student will have achieved:

- Improvement of his technique.
- Become familiar with the processes of the professional career.
- New knowledge, experience and stage skills
- New tools, vocabulary and languages.
- Enhance his artistic personality.

# CREATION OF AN ORIGINAL PIECE

Dana Raz also offers the possibility of creating an *ad hoc*, an original piece of contemporary dance.

The viability and the orientation of the creative process must be calculated as the determinants of each case, time of the creating process, number of dancers, length of the piece, etc.



# TO WHOM IT IS DIRECTED

- Professionals.
- Semi professionals.
- Dance formation programs students.
- Dance academies students

# DURATION

- Initiation level: 2h to 2.30h
- Intermediate level: 3h.
- Professionals ( or semi): 3/5 hours.

\*The durations offered are estimated. Each course can have some particular characteristics and the duration can be adjusted. The important thing is to take to the limit the absorption capacity of the students, both physical and mental, looking for individual challenges, but never overcoming borders that lead to frustration.





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