

The Sound-Movement Practice of Resonance Training

11-13 April 2020 in Berlin

with the founder of Resonance Training Thomas Lange

In this 3-day course, as often requested, all sound movement exercises of Resonance Training will be practiced in all basic movement forms, standing, sitting, walking and lying. Special emphasis is placed on the floor positions. The exercises are being done lying on the back, on the side and on the stomach.

There are also two series of exercises, sitting cross-legged and in kneeling position.

This course is a pure movement course without music, and is intended for musicians, dancers, actors, speakers, as well as people generally interested in movement.

These exercises bring unique lightness, balance and differentiation to movement.

You learn to move in a way that tension, cramps and pain do not arise.

In addition, the structure of the exercises supports that emotions move out easily and effortlessly, for example in service of the sound when making music or for any other kind of expressive art.

„Lightness is created by lightness.“ All exercises are based on the principle of the greatest possible lightness in the balance of movement. The associated law of motion is:

"A mass is most easily moved over its centre of gravity."

The centre of gravity, also called the equilibrium point, is paradoxically a point of ease.

It is also the area of the highest energy in a body-mind-sense organism.

The sound-movement exercises are a whole-body training, which creates a supple and elastic movement mobilé, that is always able to respond to changing contexts as a whole.

In some movement approaches the centre of gravity of the whole body is known as the initiation area of movement. What makes the exercises of Resonance Training unique is that a completely structured movement mobilé is created.

The entire body is moved over the body's centre of gravity, parts of the body, such as arms, legs, shoulders, head, fingers, over the corresponding partial centres of gravity.

In each movement a whole-body feeling is evoked. This feeling is then simply embodied, i.e. nothing has to be consciously created, observed or analysed.

Simple sensing, flow of movement, free flow of breathing, unobtrusive elegance, as well as a permanent moving out of energy are further characteristics of this embodiment.

Location: exploratorium Berlin, Mehringdamm 55, 10961 Berlin, courtyard 1, entrance C

Course hours: Sat/Sun/Mo 11-13 April 2020, 11:00-18:00 with lunch break

Course fees: € 300,-, students € 250,-

Cancellation: In case of cancellation of the participation half of the course fee is due.

Course size: Maximum 15 participants, active participation only

Course languages: English and German

Equipment: Comfortable clothing, tracksuit or flexible street clothes, warm socks or indoor shoes, a thick floor mat or yoga mat.

Course leader: Thomas Lange

Registration: thl@resonanzlehre.de

www.resonanzlehre.de