

# The Dance of Breath

**Somatic Exploration through Feldenkrais and Qi Gong**

**An Improvisational Dance Workshop on Solo, Contact, and  
Ensemble Composition**

with

**Adalisa Menghini & Alessandra Palma**

27/28/29/30 December 2024



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**Breath is our most essential function**, a lifeline that nourishes every cell in our body. It's intricately connected to our nervous system, and just as our breath influences our emotional state, our emotions shape the way we breathe. When we are anxious, our breath becomes shallow; when we are sad, it slows.

This interplay gives us profound insight into how connected our emotions, physical state, and breath truly are.

In this improvisation dance workshop, we will use the **Feldenkrais Method** and **Qi Gong** to deepen our awareness of breath and movement. Through these practices, we will gently stimulate the nervous system, allowing our breathing to return to a more natural, expansive state. As we move, we will explore the relationship between the specific and the general, the detailed and the broad—finding balance between focused movements and a wider sense of flow.

Together, we'll play with the rhythm of our breath and body, creating ensemble compositions that emerge from this exploration. We delve into the richness of breath and movement, reconnecting with ourselves and others while dancing.

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**Adalisa Menghini** studied Neurophysiological Psychology and is a choreographer, dancer, and certified Feldenkrais Method teacher.

**Alessandra Palma** is a Feldenkrais and Qi Gong certified teacher, choreographer, and dancer.

Both studied at the School for New Dance Development (SNDO) in Amsterdam in the 1980s, learning from pioneers of postmodern dance. With over 35 years of experience, their teaching integrates a deep somatic approach to movement, blending the wisdom of Feldenkrais, Qi Gong, and contemporary dance practices.

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**When:** 27/28/29/30 December 2024

**Time:** 27/28.12.2024 13.00h- 17.00h // 28.12 19.00h- 22.00h // 30.12 15.00h-18.00h

**Where:** Studio 2, Kunstquartier Bethanien, Mariannenplatz 2, 10997 Berlin

**Fee:** 160€ - 200€ (according to your own possibilities)

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