

The Body's Geometry of Change

An Intensive Dance Workshop on Solo, Contact and Ensemble Composition

with Adalisa Menghini & Alessandra Palma



Movement is never one-directional. As one part of us reaches forward, another responds, grounding or pulling back, creating a quiet dialogue that keeps us in balance. This natural play of opposites—expansion and contraction, yin and yang, effort and rest—forms the living geometry of change within us.

In this improvisation dance workshop, we will draw from the Feldenkrais Method, Qi Gong, and Tai Chi to explore the reorganizing effect of oppositional movement in a variety of orientations. Through solo, contact, and ensemble work, we'll awaken the body's capacity for counterbalance within action—how one motion gives meaning and support to another.

As we spiral, shift, and unfold, movement becomes a field of awareness and creation. Together, we'll compose dances that arise from the balance of opposites, discovering how stability and transformation can coexist in motion

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

Alessandra Palma is a Feldenkrais and QiGong certified teacher, choreographer and dancer.

Both studied at the School of New Dance Development (S.N.D.O.) in Amsterdam in the 1980s, learning from pioneers of postmodern dance. With 40 years of experience, their teaching integrates a deep somatic approach to movement, blending the wisdom of Feldenkrais, QiGong and contemporary dance practices.

When: 27/28/29/30 December 2025 **Time:** 27/ 29/ 30.12–13.00-17.00, 28.12–12.00-16.00

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

Fee: 160 /200€ according to your own possibility

