



*Classes in contemporary dance*  
**FLOW LOW //**  
*Signe Koefoed*

My class develops from a warm up where the main focus is on increasing body awareness, connectivity and separation (bases on the constant awareness and learning principles in Klein Technique). It develops through short floor- and standing combinations into more complex choreographic sequences, where some of the basic principles worked with are finding, strengthening and shifting the center, being on and off balance, resting and exploding into space, moving expansively and taking risks. The class is very physical, underlining an easeful and dynamic connection to the floor trying to stimulate a physical awareness, in which one can push individual limits, while keeping the body safe. It emphasizes the individual play with quality, musicality and dynamics as personal sources for theatrical actions while also attending group awareness. The class considers and adjusts easily to the experience level of the dancers and advances gradually in time with the development of technical aspects and necessary “know how”.

**Signe Koefoed** (Copenhagen/Berlin). After studies in contemporary dance and physical theater in Denmark and Germany, Signe Koefoed now lives in Berlin pursuing her own work as dancer, maker and teacher. Her work include performance-, improvisations-, film- and installation work and likes to set off in cross media collaborations and practices that allow one to take risk and search for something personal. Perceptions of everyday occurrences influences her work, which can be fun, poetic, absurd or even uncomfortable conditioned to the idea. She is co-founder of the off-gallery space *Die Kunstapotheke* and the studio collective *DECK 3* in Berlin. As freelancer Signe has worked in productions for *Tossi Company*, *Kiosk.Company*, *TanzMedienAcademie*, *Gauge Dance Theater*, *BK Compagnie*, *Bremer Ensemble* and in projects for *Filip Van Huffel*, *Jessica Boscheit*, *Steffen Fuchs*, *Frederike Plafki*, *Kerstin Steeb* a. o. Since 2009 she contributes as dancer in Hamburg based *STC Company*.

**For more information and contact:**

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