



## **Inner Rhythms: Physical Workshop By Adham Hafez**

In this workshop, the notion of what dance could be is explored deeply through physical workouts, discussions, improvisations, and mini-studio-performances created on the spot.

Deep physical workout will comprise part of this workshop too, working with deep muscles and working on releasing tension. The use of breath will be a crucial element, as well as the use of voice and its relationship to our body movements.

The workshop aims at taking the participants on a journey through their bodies, listening to inner rhythms, discovering personal movement patterns, learning how to follow and trace inner movement in the body until a dance is born.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
4	3	3	—