

Dance training

Classes / Workshops

- Laurent Delom -



Laurent Delom offers classes building around the following three axes. He combines them according to the space, the audience and the level.

Floorwork:

Involve use of dynamics, momentum, speed and acceleration as tools to enter and come out of the floor.

The class begins with a warming-up in the format of a workshop guided with voice. It builds up the movement every day from a different starting point. It is meant to enhance awareness of the body organization on the floor, of the supports and the movement potential that they allow. The format of the workshop gives everyone the time to explore outside the shape of an exercise and therefore find new possibilities for themselves.

After that, the class will go through a range of short floor-based dancing phrases, strongly relating to the tasks of the warming-up. These exercises build up energy and increase the speed and change of levels.

>> The required level for the dancing phrases is more advanced and requires a technical background. In the case of a longer working period with a given group of dancers, reaching this technical background will be at the core of the teaching.

Physical training for dancers:

The purpose of the physical training is to build a strong, precise, coordinated and integrated back. It relies on the idea that the organization of the back is what defines the spatial and dynamical organization of the whole body.

The class begins with a warming-up involving stretches and fixed positions, for the most inspired from iyengar yoga.

It is followed by a variety of crossings of the space starting with backward walks. The variations activate cross-lateral chains of the back muscles and involve full-body coordination. Later the back becomes a movement generator and stabilizer. The class continues towards an improvisation, or a dancing phrase travelling through space, involving dynamic trajectories and ruptures.

>> This work is very well suited for beginners in a professional curriculum. Still this proposition remains relevant for any dancing level. It requires a few sessions in a row. It is a building block of the next element of the training:

Workshop for groups:

The fundamental behind this workshop is to establish and develop communication through body-weight. It builds up towards dynamical interactions within the full group, resorting to speed, precision, compactness, availability and playfulness.

The class opens with a similar warming-up as the physical conditioning.

The workshop starts with walks and crossings with a partner. One is directing the other, using precise pushing/pulling actions. The other receives the information and follows the dialogue between their two weights. Changes of partners bring the whole group to interact fast and playfully. The communication is enabled by keeping one's body available and compact. The response to the impulse gets faster, more precise and more stable. Everyone is ready to receive someone or being directed by someone else. Once the principles are established, the workshop deals with performativity aspects.

A discussion is opened at the end of each session to reflect over this practice, nourish the physical experience and build a collective artistic culture around the work.

>> There is no required level for this workshop. It can be given to adult non-dancers as well.

Lately Laurent has given classes in

Festival Danza Extrema (México) – October 2016

Compañía La Serpiente (México) – January 2017

Escuela Profesional de Danza de Mazatlán (EPDM // México) – February 2017



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