

Art Danse à Pamiers

PREMIÈRE ÉDITION

International Dance Workshop

July 2021 from 26th to 30th

ANTON LACHKY

& RAKESH SUKESH



SCHEDULE

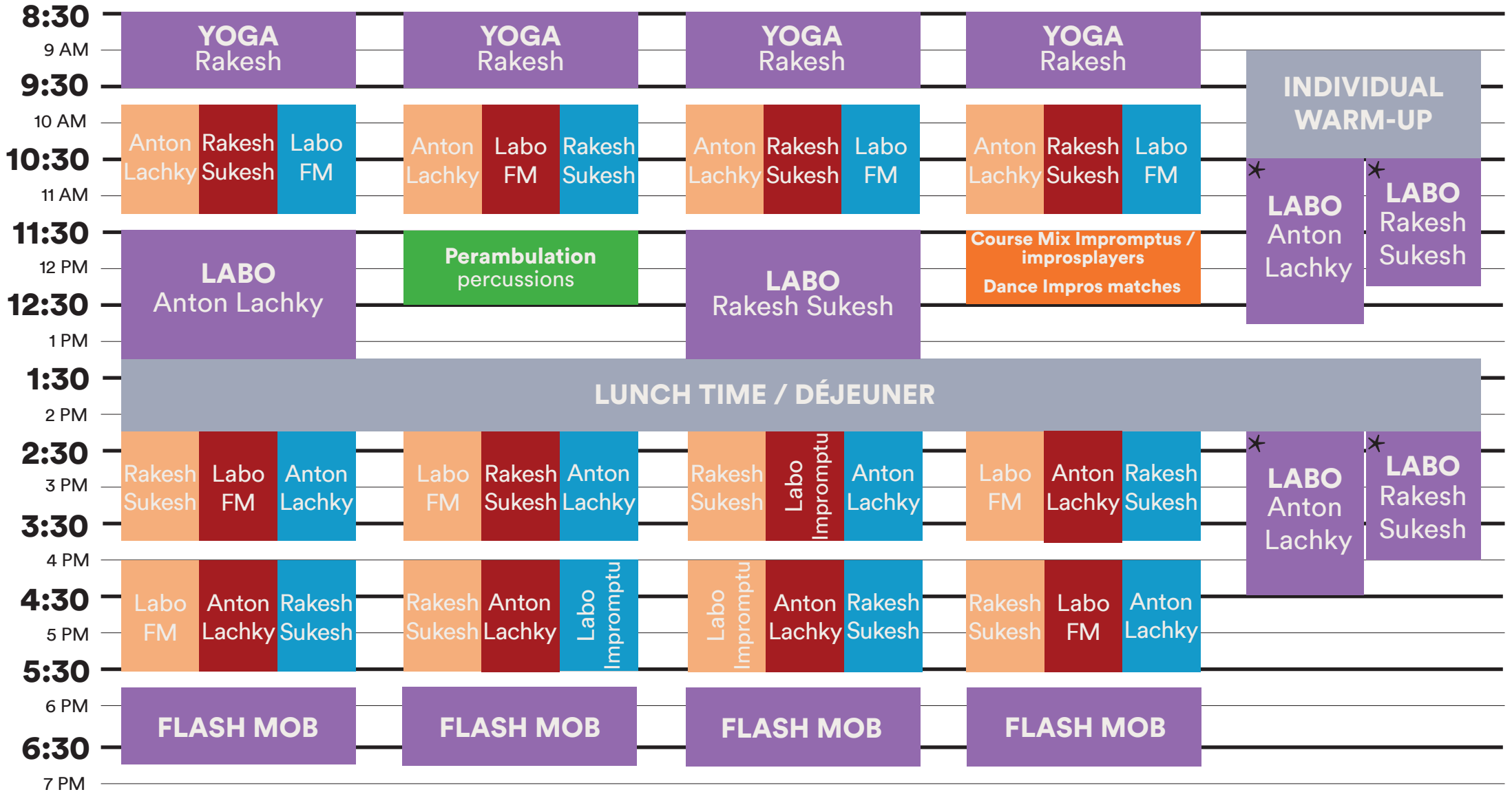
MONDAY
07/26

TUESDAY
07/27

WEDNESDAY
07/28

THURSDAY
07/29

FRIDAY
07/30



BEGINNERS LEVEL

INTERMEDIATE LEVEL

ADVANCED LEVEL

COLLECTIVE WORKSHOP

COLLECTIVE WORKSHOP 2 GROUPS

ANIMATIONS

PERFORMANCES

MONDAY
07/26

TUESDAY
07/27

WEDNESDAY
07/28

THURSDAY
07/29

FRIDAY
07/30

7:30

8 PM

8:30

9 PM

9:30

10 PM

10:30

11 PM

11:30

Performance
FLASH MOB

Bal ContemPop'

Opening night
percussions

Performance
ANTON LACHKY
Performance
RAKESH SUKESH



ANIMATIONS



PERFORMANCES

Payatt INtransit

“Action, Observation, Change”

Payatt INtransit is a practice that uses physical training to delve deeper into all aspects of ourselves. The practice helps us identify our coded behavioral patterns, decide whether or not they are serving us, and train the ability to choose what patterns we want to follow. During Payatt INtransit classes, we test ourselves by passing through difficult situations and personal challenges that help us move towards a state of lightness and freedom in all we do.

The word Payatt comes from the ancient Indian martial art Kalari Payatt, a technique that organically prepares the body to be ready for any activity. INtransit implies that we are always “on our way” or “in transit” towards our individual goals as performers, artists, and people of any profession or passion.

Payatt INtransit sources wisdom from many specific lineages. Maithari (the first stage of Kalari Payatt), Chadavu and Yoga Asanas create a solid physical foundation for the class, training our bodies to be architecturally sound and instinctively safe in difficult situations. Meditation and meditative states are used to build awareness of our inner selves, in connection to others and our environment. Dynamic Kundalini and Kaya Kalpa yogic practices cultivate the Prana (qi or “vital energy”) to help our muscles, bones, and circulatory systems strengthen and rejuvenate rapidly (this is especially important for physically demanding days). Energy work, through breath and repetitive movement exercises, channels our Prana to increase our physical, emotional, social and cerebral capacities, allowing us to absorb new information at the deepest level. Vedic vocal frequencies are used to unblock energies and emotions, re-aligning our cellular and neurological

vibrations to be in-tune with ourselves and our environment. And last but certainly not least, contemporary dance methods such as release techniques and improvisation tools are used to find ease and freedom in our movement, and playfulness in our creative tasks.

All these lineages interweave to create a structure that allows you, the participant, to dive deep into your personal work during a Payatt Intransit class.

While taking the class you will experience:

- > An approach that encourages you to embrace your whole self during the class
- > How your mind’s intentions can transform the energy within yourself, the space, and others around you.
- > How to allow a trigger (emotional, physical, psychological), to pass through you without attachment - Difficult group tasks that shed light on how you resolve conflict.
- > Partner work that inspires and challenges both participants, to help lift each other up - Working with your boundaries (such as exhaustion) and how you choose to respond to them - Working with your memories through movement.
- > Using improvisation to find your sense of play, taking you into deeper command of your actions.

Payatt INtransit is so much more than a physically demanding class. It is a practice that creates a supportive space for you to confront yourself. It sources ancient techniques, using them in a modern

WHAT ABOUT ACCOMMODATION AND RESTORATION?

CAMPING L'APAMÉE ***

In the heart of a splendid park of 3 hectares bordering the Ariège, bathed in the southern sun, the Apamée welcomes you on spacious pitches.

The Art danse à Pamiers' team thinks of everything!

A marquee tent housing 3 refrigerators / 3 microwaves and 1 gas hob will become your kitchen area.

!rental cost spread over all trainee-campers!

A possible breakfast option

1 warm drink + 1 pastries + 1 juice

DON'T HAVE A TENT? *

L'Apamée rents pitches with tents or mobile homes.

* Weekly rental from Saturday 24th to Saturday 31st of July 2021

DO YOU HAVE A TENT? A CAMPER? **

** You arrive and leave whenever you want.



CATERER L'ANTIDOTE

L'Antidote is an ethical caterer that supports local producers and products from sustainable or organic agriculture

BUFFETS * (sweet / savory)

1 vegetarian buffet

1 flexitarian buffet

* Gluten-free products will be notified

!Registration for lunch and / or dinner will be required for each day of the week.!

Specific rates have been negotiated for you!

for any further information, you may contact:

Marie 06 60 31 21 03 or artdansepamiers@faizal-zeghoudi.fr