



DALCROZE

Associazione Italiana
Jaques-Dalcroze

in collaborazione con:

asd Scuola di Danza
e Ginnastica
ALESSANDRA DE GRANDI
educazione al movimento

FORMAZIONE CONTINUA E PERFEZIONAMENTO

Seminari riconosciuti dal Ministero dell'Istruzione, dell'Università e della Ricerca (MIUR) direttiva n.90/2003

Ursula Stuber - Eutonia: 5-6 marzo

EUTONY WORKSHOP

- A brief introduction to music medicine, a variety of common injuries incurred by musicians, as well as an overview of injury prevention.

- Understanding proper use of movement and posture based on foundations of human anatomy, bio-mechanics and neurophysiology.

Awareness: the body as a whole; body image and perception

Posture: weight distribution within the conscious interplay of anti-gravitational forces between bones and joints to release and extend stretching abilities and reflexes of skeletal muscles.

Touching: heighten skin awareness, tactile sensitivity and using the draw technique. Contact: using the contact technique to the ground as well as to one's instrument to facilitate muscle tone, ergonomics, efficiency and sound quality.

Learning to reduce excessive muscular tension; freeing inner space, breathing and voice.

Requirements for participants:

Participants should bring a wool blanket; wear warm, comfortable clothing (including woollen socks).

If you are a musician, bring your instrument.

Workshop requirements:

A very clean floor (ideally a wood floor), a skeleton, little balls (tennis balls), bamboo sticks (if possible).

Ursula Stuber

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Il costo di ogni weekend di 12 ore è di 150 euro.

Sconto del 10% a chi si iscrive, versando la quota stabilita, entro e non oltre 6 settimane prima dell'inizio di ogni corso.

Versare i pagamenti tramite bonifico IBAN: IT83Q0306903256100000000891 intestato all'Associazione Italiana Jaques-Dalcroze specificando per quale seminario si sta versando la quota, poi inviare copia a Ava Loiacono (drolezac@yahoo.it)

Per iscrizioni e informazioni contattare: Ava Loiacono Direttrice dei corsi - Presidente AIJD
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URSULA STUBER

Eutony, the balancing of tension – from the Greek “eu” meaning “good, well or harmonious”, and from the Latin “tonos” referring to “tone, tension” – was developed by Gerda Alexander (1908–1994) a teacher of Dalcroze eurhythmics, in Copenhagen. Seeking a new way of conceptualizing movement and expression for opera, dance and drama, G. Alexander worked also with musicians of the Royal Danish Music Conservatory. She set up her International Eutony Training Center in Denmark. Subsequent training schools arose in Switzerland, Germany, Canada, Belgium and France.

Grounded in observation and practical experience with performers of all ages engendering a variety of professionally affiliated physical ailments, Eutony grew into its present form, which now includes multiple areas of expertise, notably education, re- education, prevention and therapy. Eutony is a gentle, subtle means of becoming increasingly aware of one's movement and posture so as to increase one's ability to regulate and redirect tension. The underlying idea being that blocked energy can be gradually released and transformed into creativity energy and hence, in turn, enhance performance. Such bodily awareness training is of particular import for those in the performing arts.

Ursula Stuber, musician, Dalcroze eurhythmic teacher, psychomotor therapist and eutonist is a full professor (professeure titulaire) at Faculté des arts, at Laval University, in Quebec city. While recently retired, she continues to give lectures and offer workshops and seminars across North America and Europe.

Having developed the principles of Gerda Alexander's work for over 40 years, she has created a dynamic, effective approach to body awareness for musicians (instrumentalists and singers). Therein she specialises in sensory and motor control as well as techniques to improve both posture and gesture. Her research and publications focus on somatic education, prevention and music medicine. Professor Stuber is often cited for her authorship of the audio-visual production Tuning the Body to the Music as well as her creation of an ergonomic stool designed for musicians. She is also known as the founder and director of Canada's professional training school in Eutony. She recently set up a Masters degree program in Eutony at Laval University.

Ursula Stuber