

UNFREEZE Online Edition on 22nd of November



We invite you to participate in the very 1st UNFREEZE Online Edition on 22nd of November 6-9pm CET / 12-3pm EST!

Register now! → <https://bit.ly/3jWPkzk> ←

Contemporary Ice Skaters around the globe are having a difficult year in 2020. In a year of social distancing and cultural scarcity, we want to offer you a fantastic opportunity to connect again and live up the spirit of this wonderful community.

In its own unique UNFREEZE style, we will get you moving in your comfy environment at home through exciting workshops, focusing on movement research.

Get ready and inspired for:

MOVEMENT RESEARCH

as self experience ([Katja Grohmann](#)) → Link to IG profile

MOVEMENT RESEARCH

as a point of departure ([Maja Luther](#)) → Link to IG profile

MOVEMENT RESEARCH

to create awareness in movement ([Philipp Tischendorf](#)) → Link to IG profile

The event will be hosted with Zoom.

Get your spot TODAY!

Direct registration here:

<https://bit.ly/3jWPkzk>

Or visit us on Facebook here:

<https://www.facebook.com/events/349567789666525/>

Workshop 1

MOVEMENT RESEARCH as self experience by [Katja Grohmann](#)

This one hour long workshop will guide you towards yourself.

The base for this exploration is the Johari window of Joseph Luft and Harrington Ingham, which was established in self-development courses around the world. Together we will make our way towards the blind spot - the things you don't know about yourself and your individual way of movement, but others might be able to see. Methods from dance therapy, authentic movement and non-violent communication will merge and lead us to the unexpected.

As Kurt Hahn, a highly recognized pedagogue, whose vision is transforming young people around the world every day, noted: You are better than you think. If you have once discovered what's within you, you will never settle for anything less.



Workshop 2

MOVEMENT RESEARCH as a point of departure [Maja Luther](#)

In this 1 hour long workshop improvising on prompts will be the departure point leading you into the choreographic process. Listening to your individual movement responses you are guided by Maja through various stages of exploration, setting and editing. Maja's background in Contemporary Dance Studies and Creative Interdisciplinary Practice supports her belief that each body is unique, so your movement material will be too.

Let's discover together what that looks like!



Workshop 3

MOVEMENT RESEARCH to create awareness in movement [Philipp Tischendorf](#)

Philipp will introduce you to movement research based around the exploration of bodily awareness in this long 2x 1 hour long workshop. His background in Osteopathy and Injury Management informs his approach to the movement of the body. This class will give you space & time to explore and feel a variety of efforts & inner connections in your own unique way.

Let yourself go and discover your body from a new perspective!



Sign up now!

Limited spots available.

Registration here: <https://bit.ly/3jWPkzk>

Team UNFREEZE