

TRANSFORMATION

Transformation Dance 2010: Paragym – Acrobatics

Want to learn acrobatic movements? ...And in a safe and progressive manner?! Paragym offers a week-long course involving mini acrobatic sequences, dynamic lifts, rotational and aerial movements... each being broken down into multiple educational steps. The movements taught are inspired from numerous disciplines such as gymnastics, breakdance, Parkour and circus. Participants will learn how to train the energetic systems responsible for power and explosive gestures, as well as condition maximal active flexibility. The safe practice of all movements, respecting the anatomical and physiological limits of each individual, is of primary importance.

A few movement examples: handstands, back walk-overs, aerial wheels (gymnastics); various jumps and roll landings (Parkour); the windmill and several freezes (Breakdance); dynamic circus-type lifts.

