



# **The Tao Of Movement**

**6-week Summer  
Movement Study**

**(8th June - 20th July, 2024)**

**Inspired predominantly by Daniel's dedicated and evolving Movement study under the guidance and teachings of Marcello Palozzo...**

**6x Saturdays, 10:00-12:00**

**2x Mondays, 18:00-20:00**

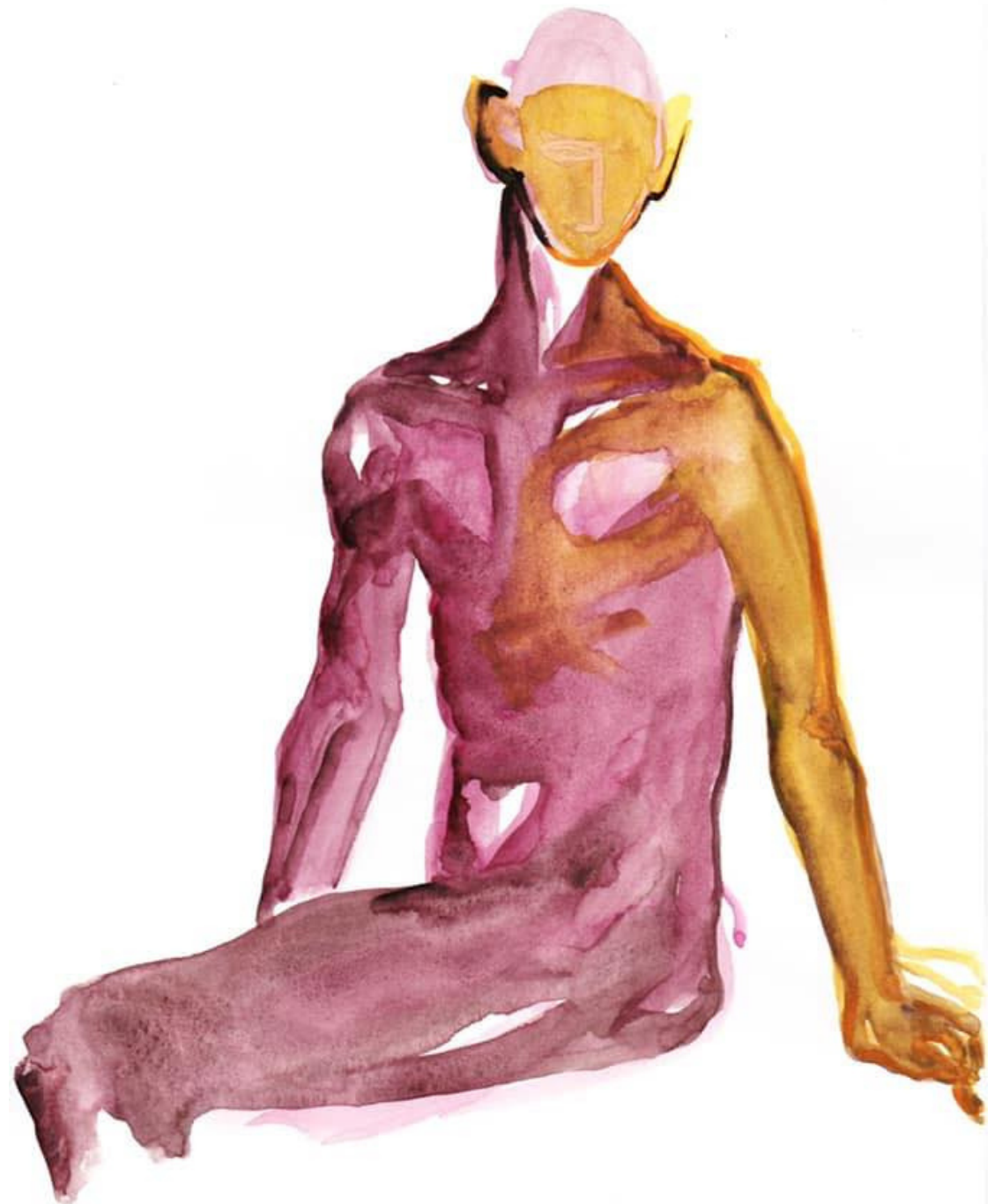
*\*Sessions taking place at various (indoor and outdoor) locations around Central Amsterdam, incorporating various terrain, props and apparatus*

## **Content:**

**Physical Preparedness & General Dexterity // 30mins**

**Specific Movement Theme/s (see themes below) // 75mins**

**Internal Skills (relaxation & bodywork) // 15mins**



## **Weekly Themes (Saturdays):**

**8th & 15th June - Lightness Skills, Athleticism & Fighting Research**

**22nd June & 6th July - Balance, Locomotion & Contact Improvisation Research**

**13th & 20th July - Soft Acrobatics, Inversions, Advanced Fighting & Contact Improv Research**

## **Monday Sessions:**

**17th June: Open Fight Rituals**

**15th July: Contact Improvisation Jam**



**Methodology:** As is the 'Tao' way, all sessions will be oriented around human connection and playful engagement with the material and each other, first and foremost. All exercises are scalable for all levels and perfectly safe regardless of your skill and experience

# **Contribution:**

**5 sessions - 75 euros**

**All 8 sessions - 105 euros**

**\*pre-booking is essential // minimum commitment is 5 sessions // max 7 places only (priority will go to those committing to all 8 sessions)**

**Sign up deadline : 15th May, 2024**

**Passionate about joining  
but struggling  
financially?**

**Contact Daniel for a  
human conversation...**

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