

Anne O'Keeffe is a dancer, actor, and teacher, trained at Rusden (Dance/Drama) and Victorian College of the Arts (Choreography). She has taught movement-based improvisation since 1984, inspired by **Skinner Releasing Technique, Michael Chekhov Technique, Rudolf Laban, Al Wunder, Stephanie Skura** and ongoing studies in **Yoga** and **Buddhism**.



Anne teaches Improvisation to dancers and Movement to actors at Victorian College of the Arts and 16th Street Actors Studio. In 2009 she achieved a **Masters degree** exploring the role of **presence** in the creative process, and in 2016 she received the inaugural **Pegasus Scholarship**, acknowledging her profound commitment to teaching excellence. She has been facilitating and developing the **Alchemy** classes since 2001.

Anne's teaching emphasises **integration and transformation** through conscious embodiment and she provides a **warm, generous space** where movement can be explored soulfully and joyfully. She is deeply committed to nurturing her students in their creative unfolding.

Words from participants:

'Anne I wanted to thank you again for enriching all of our lives so much. I blink sometimes thinking about how fortunate we are to be able to share in the process of this deep and non-linear work that you continue to guide us so sensitively through with so much love and care. It is like family and beyond it with the timelessness that resonates there, between us and through you into magical moments, one after the other. It really is gold. You are gold!'

Rebekah

'Alchemy classes for me are incredibly transformative as I always find the wisdom of my body is far more profound than any amount of talking will bring about. I am also realising that Alchemy classes are for my soul...my soul gets embodied and manifested through a mysterious process...it's as though everything comes together: body, mind, heart, soul...'

Abigail

'Thank you so much for providing a space where like minded and open hearted people can share themselves so freely and completely. It is a beautiful thing to be a part of. My soul feels cleansed and nurtured. Working with you reminds me of how important movement and dance are to my life - for the moments when I am in the dance my mind is no longer master, body and mind are one and working together - in some way it is like becoming nothing, just pure energy, breath.'

Tristan

Dance soulfully, live joyfully

Alchemy

Improvisation and Transformation

This day of **DANCE IMPROVISATION** will provide a pathway to **presence, connection and joy**. In the generosity of the space, we will develop **TRUST** in our inner world - listening to our intuition and following our impulses with playfulness and spontaneity.

We will be inspired by the **deep wisdom of the body**, allowing its profound intelligence to activate and inspire the dance. Together, we will explore **the language of the heart** and experience movement as a tender and dynamic conversation with our full and radiant sense of self.

Through movement, writing and sharing, this workshop is for those wishing to **honour** the expressive body, **embrace** authenticity and **liberate** creativity. Alchemy engages the heart and enriches the spirit in a **joyful celebration of the moving moment**.

*Beginners and experienced movers warmly welcomed.
Please bring a JOURNAL to record your revelations.*

Date: SUNDAY, MARCH 31, 2019

Time: 11.00am–6.00pm (lunch break provided)

Place: St John's Church Hall, 567 Glenhuntly Rd, Elsternwick

Cost: \$130 full / \$110 conc. (full day only)

***PLACES STRICTLY LIMITED.** To reserve your place, the non-refundable course fee is due by **Friday, March 15**. Direct Deposit: Anne O'Keeffe, Westpac Bank, BSB: 733055 ACC NO: 634594

BOOKINGS and ENQUIRIES: Ring Anne on **0411 218 101**

Email: aok@alchemydance.com.au

Website: www.alchemydance.com.au

with Anne O'Keeffe