

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**, Al Wunder, Stephanie Skura, Eva Karczag and Min Tanaka. Anne's dance-theatre company, **SIRENSONG**, has produced three major works: **Walk on Water** (99/00), her solo work **Sex and Death** (2002/03) and **Song of Longing** (2008).



Anne teaches Improvisation to dancers and Movement to actors at VCA, 16th Street Actors Studio, Brave Studios and TAFTA. In 2009, Anne achieved a Masters degree exploring the role of **Presence** in the creative process, and in 2016 she received the inaugural **Pegasus Scholarship**, honouring teaching excellence in the performing arts. She has been directing, facilitating and developing the Alchemy improvisation classes since 2001.

Anne's teaching emphasises **integration and transformation** through conscious embodiment and she provides a generous, non-judgmental space where movement can be explored **soulfully and joyfully**. She is profoundly 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...'

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

Dance Improvisation

This **dance** intensive explores **IMPROVISATION** as a means to discover deep levels of *connection, creativity and community*.

With a focus on movement, we will develop **trust in the profound wisdom of the body**, allowing our intuition to **activate** and **inspire** the dance. Together, we will embark on a deep excavation of the connections between **inner self and outer expression** in a dynamic process of **affirmation and transformation**. Through moving, witnessing and reflecting, we will investigate and integrate our **sensations, feelings, memories and imaginings** through mindful engagement with the body and breath.

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 discoveries.*

DATES: 5 Tuesdays: Nov 5, 12, 19, 26 and Dec 3, *plus all day Sunday November 24 and Sunday afternoon, December 8, 2019*

TIMES: Tuesdays: 6.30pm-9.30pm / Sun Nov 24: 10am-5pm / Sun Dec 8: 2.30pm-6.30pm.

PLACE: Dancehouse (UPSTAIRS): 150 Princes Street, North Carlton

IMPROVISED SHARING EVENT: 4pm, Sunday December 8, 2019

COST: \$370 full / \$340 conc. (*Full course only*)

***PLACES STRICTLY LIMITED.** To reserve your place: **\$100 non-refundable deposit** due **Tuesday, October 15**, with the balance due before **Tuesday, November 5**.

Direct Deposit: Anne O'Keeffe,

Westpac, BSB: 733055 ACC NO: 634594

BOOKINGS and ENQUIRIES: Ring Anne on 0411 218 101

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Website: www.alchemydance.com.au

with Anne O'Keeffe