

### Information about the technique

The technique is built on a strong synthesis. With this method, which brings together the Eastern and Western techniques on body training, a strong structure and balance is offered for new starters. For dancers and artists, there are exercise sets that are specially designed to develop strength and flexibility through inner muscle exercises and Helen technique; offering both a flexible and strong physical appearance. At advanced level, active combinations focus on the relationship with the air and ground, and movement at all levels. Synthesized techniques are used to improve body-mind coordination fluidity and expression. Modern dance techniques such as Release, Contact and Limon are also used in this synthesis.

The breathing and concentration knowledge gained through meditative training acts as a source of self healing, and provides concentration/focus and emotion/movement variety and agility for dancers at all levels.

The **Basic/Beginner level** provides a healthy body structure and balance until the person attains a certain level of body condition and form. Ballet, Power, Helen, Pilates and Yoga techniques are combined in structure, power and posture building exercises.

Students, who gained a certain level of body condition and form, move to **Advanced level** groups to start more diverse movement combinations, techniques such as Risk and Flying, acrobatic works as well as movement and choreography training.

Synthesis of eastern and western disciplines in this technique provides balance, harmony and integration. It offers fluid movement, elasticity and power.

### **Artistic Approach**

Meditative dance is of body awareness. In performing arts, the importance of meditative thinking increase, as the need for expression, fluidity, balance and coordination increase further. Many theatre artists and stage performers have participated in the lessons and workshops. Especially those with special focus on movement theatre and physical theatre and dance, have noted that the study was quite beneficial, developmental and inspiring. By breaking the prejudices and liberating the mind, this study improves performing skills, power of expression, fluidity and body-mind coordination, and furnishes artists with unique skills, and an awareness that will guide them throughout their life time.

The technique can also solve the problems related to the back, spine and knees that result from accidents, wrong posture and lack of correct movement habits. Posture is believed to be a key and indicator of mental and physical health. Through this training, one learns to be both flexible and active without the need for making a selection. Balance is found not only in stationary positions but also in action.

### Balance

*“you must first strengthen your legs to jump far off...”*

Balance is the focal point of Meditative Dance and restored through duly designed and continuous guidance. The NEPHES technique unifies the history of thought on body with YOGA

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CLASSICAL BALLET

and their view of Balance,

MODERN DANCE

, special training techniques such as

*Alexander*

,

*Pilates, Risk Technique*

,

*Contact Improvization*

, and embedded body disciplines such as

*Helen*

and

*Horton*

;

and present body and spirit consciousness through its Focusing and Meditation methods. These all are particularly designed to bring our inner components into light; the Body, Mind, Desire, Emotion and Spirit, and create a free atmosphere for the intuitive mind to express itself through Meditations.

By reflecting the knowledge and sensation of the East and its way of integration with the

universe together with the technique and pace of the West on our pure reality, Meditative Dance offers human new directions while furnishing him with intelligence. All our self-components make use of this study: Our Body gains power, extension and elasticity; Our mind gets concentrated; Our spirit gains confidence and empathy; thus a healthy balance is restored among them.

### **Individual and the Group**

Meditative Dance focuses on both the individual and the group. The group stands for energy combination and harmony. In studies, we will feel group energy intensely; this will give us power and confidence, but we will also expect to be treated individually with regards to our personal differences. Since body and mind structure of each person is his own richness and distinction, the physical problems of each person will be examined separately. With the help of the motivating and encouraging power of group energy, the person will reach at his own power, his roots, his body, his mind, and thence at the reality and harmony of his image reflected on the universe.