

"PLAY, BREATHE AND SING FREELY – BE FREE IN EXPRESSION"

WORKSHOP DISPOKINESIS



LECTURERS:

Katharina Gruber

Flute and Jazz Vocal
Dispokineter at the European
Society for Dispokinesis
www.katharinagruber.de

Christian Gruber

Guitar
Dispokineter at the European
Society for Dispokinesis
www.dispokinesis-gruber.de

WHEN:**July 19th – 20th, 2025**

Start of the course is on 19 Jul 2025 at 10:00 a.m.

CONTENT:

Dispokinesis - bodywork especially for musicians
Dispokinesis shows ways to achieve greater ease in making music through one's own body awareness in order to be able to express the emotional content of the music uninhibitedly.

Contents include:

- I Introduction to the thinking and working methods of Dispokinesis
- II Work with the so-called primal forms of posture and movement according to G.O. van de Klashorst
- III Practical experience with the instrument in relation to singing, fine motor skills, breathing
- IV Practicing
- V Stage

TARGET GROUP:

Singers, instrumentalists and music teachers of all ages, levels and genres.
Duos and trios are also very welcome!
Maximum 12 participants.

COSTS:

Course fee € 215.00 per person
Accommodation in the guest house of the Music Academy,
1/2 double room incl. full board € 65.00 per person
Early arrival or later departure € 40.00 every additional night

REGISTRATION :

www.sawallisch-stiftung.de/musikakademie

