Bio and class Nina Wollny HJS

Short bio:

Nina Wollny works as dancer, teacher and rehearsal director in Europe and around the world.

Since 2004 Nina is a passionate teacher of the Countertechnique, teaching professional dancers and performers with various backgrounds like break dancers, physical theater performers, circus artists and actors. As one of the main teachers of Countertechnique, Nina contributes to the continuous development of the technique.

Short class:

Countertechnique is a movement system to help the dancer think about the dancing body, focusing on the process of incorporating information into action. Within a clear structure of exercises, the Countertechnique class was developed to prepare the body for rehearsal and performance, enabling dancers to move bigger, more fluidly and more spatially with strength and flexibility, while enjoying the flow of their of movement and traveling through all levels of space.

Bio and class longer:

Nina Wollny studied contemporary dance at the Rotterdam Dance Academy, now Codarts, in the Netherlands. After her graduation in 2002 she joined the company anoukvandijk dc and has worked there as dancer, rehearsal director and artistic assistant for more than 10 years. She performed in or contributed to all of Anouk van Dijk’s work during that time, including the collaborations with director and playwright Falk Richter. Since 2004 Nina is a passionate teacher of the Countertechnique and is regularly teaching at dance academies, companies and studios for professional dancers around the world. She also teaches performers with various backgrounds like break dancers, physical theater performers, circus artists and actors. As one of the main teachers of Countertechnique she has contributed to the continuous development of the technique and together with Anouk van Dijk, the founder of Countertechnique, she coaches and trains the new Countertechnique teachers.

Since 2012 Nina is working with different choreographers in Europe amongst others she is regularly performing with German choreographer Jenny Beyer at Kampnagel in Hamburg. In 2016/2017 Nina joined Anouk van Dijk’s latest collaboration with playwright Falk Richter at the Frankfurter Schauspielhaus, Safe Places.

Countertechnique:

Countertechnique is a movement system developed to help the dancer think about the dancing body, focusing on the process of incorporating information into action. Within a clear structure of exercises the Countertechnique class enables dancers to move big and fluidly, while becoming strong and flexible. Dancers are encouraged to be proactive in discovering connections and solutions, to be less concerned with judging themselves and to work in a healthy way with regard to the whole self.

The class starts with a recurring set of tasks and exercises, allowing dancers to investigate the Countertechnique tools in detail. The second half of the class consists of changing components, working towards a movement combination, that travels through all levels of space playing with flow and range in motion. The build up is geared towards working on coordination, strengthening and flexibility as well as finding a heightened sense of awareness and presence by exploring new tools every class.

Video links:

<https://www.youtube.com/watch?v=vkRpBEeoa0A>

<https://www.youtube.com/watch?v=x4vwlOuXs_4>

I will also send a little video from my last time teaching at the HJS via wetransfer.

Social media and website links:

<https://www.facebook.com/Countertechnique/>

<http://www.countertechnique.com>