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## *Dancing on five extremities - How to dance upside down using the example of Breaking (Jens Nonnenmann)*

**Purpose:** Dancers usually feel comfortable dancing on two legs. In this workshop we will explore a whole new dimension of movement on and above the floor using feet, knees, hands, elbows, back and even our head. This will open up new movement ideas, ways and possibilities.

**Target population and experience level:** This workshop is 1) for dancers and movement artists who want to improve their floor skills, 2) for dance educators who want to teach floor moves in a safe and evidence-based way, 3) for health practitioners who work with dancers and movement artists.

**Format:** This is an interactive online workshop combining short theory parts with practical exercises and in the second part applying them to the participants individual dance style.

**Desired outcome(s):** Participants will gain confidence and trust in their ability to move on their hands and head as additional extremities to their legs. They will learn evidence-based warm-up, mobilization and strengthening techniques to properly prepare their bodies to move "on all five" to avoid strains and injuries. They will gain an understanding of how to use the different planes on the floor as well as where typical injury patterns may occur.

**Relevance to conference theme:** This workshop is about accessing new levels on our feet, hands and even our head while we are moving on the floor. The learnt techniques can be adapted to each ones individual dance style and will help the artist to advance further in motion. The aim is to inspire the dancer to explore new ways and create new movement concepts in a healthy way.

### Jens Nonnenmann

Jens Nonnenmann is a dancer, choreographer and physiotherapist, specialized on dance-medicine and chronic pain in dancers. He has been working in the dance-medical field since 7 years and practicing breaking since 2000.


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