

LGI Morning Classes

January–March 2018

LGI Morning Classes are designed to offer professionals, recent graduates and tertiary-level students the opportunity to train, explore and learn.

Our class programs feature a fantastic selection of teachers, offering a diverse selection of approaches to the contemporary dancing body.

The **Jan-March 2019 class program** features up to three contemporary dance classes-a-week plus yoga on Friday AND a new class on Tuesdays: Ballet for Contemporary Dancers.

We've also introduced **featured class series**. Benefit from a deeper approach as selected teachers build class material and information over several classes. Look for the * in the schedule (drop-ins still welcome).

See below for Class Descriptions and Teacher Bios.

^schedule subject to change.

KEY INFO:

All classes run 10-11:30am

Studios open for warm-up from 9:40am

WXYZ Studios, 130 Dryburgh Street, North Melbourne.

\$15 single class / \$70 5-class pass / \$130 10-class pass

For the full class schedule, bookmark this page:

[LGI Website > Studio > Classes](#)

Nb: Any schedule updates are published on LGI website and Facebook page.

Class Descriptions

CONTEMPORARY DANCE

DEANNE BUTTERWORTH: Deanne's class encourages freedom and exploration in movement while finding strength, co-ordination and endurance while dancing. A thorough warm up consists of some imagery exercises to create whole body and spatial awareness. Focusing on different movement qualities using anatomical information we will use improvisation to explore habitual patterns as well as finding new pathways by ourselves and through observing others and then finally learn a phrase together.

Deanne will teach a class series over 3 classes: 7, 11 and 14 February.

REBECCA JENSEN: Rebecca's class deals with contemporary dance techniques, fake techniques, phrases, improvisation, exploration, experiments and research. It's a place to work on dance and spend time together in action. It aims to accommodate those who need a heavy dose of dance and those looking for a light touch.

Rebecca will teach a class series over 3 classes: 21, 28 February and 4 March

MELANIE LANE: Melanie leads a contemporary dance class beginning with a warm up drawing from deep spirals, torsion and expansion. Utilising these basic tools, the class progresses through both improvisation and technical exercises that guide the body into movement pathways and into space. The class is designed to introduce a series of modalities that encourage somatic and imaginative practice.

PRUE LANG: info to follow shortly

SHELLEY LASICA: Shelley will be leading a class that focusses on the idea of choreography in relation to dancing, using techniques of body awareness, spatial recognition, and developing attention: generating movement and articulating processes through the development of ideas and vice versa. A technique class that recognises the range of abilities required for performance.

JO LLOYD: Jo's class involves stimulating the physical, through the memory and imaginary, working with varying energetic states, patterns, perception and negotiations. She includes a progressive warm-up, engaging with technical articulations and traditional physical methods, which are endlessly evolving and prepare the body. She has an interest in the possibility that the body knows the dance, and by re-entering the body, we find ways to access and allow for it.

Jo will teach a class series over 4 classes: 6, 13, 20 and 27 March.

RHIANNON NEWTON: info to follow shortly

LILIAN STEINER: Lilian's classes offer a combination of improvisational scores and taught choreography, enabling participants with tools to observe and challenge the dancing body by engaging it in various cognitive and physical situations. By practicing many ways of being inside a dance, Lilian hopes to ignite the pure joy of what it means to work on dancing.

Class Descriptions

BALLET FOR CONTEMPORARY DANCERS

MADLINE EASTOE: Madeleine's classes use classical ballet exercises to warm up the body, challenge the mind and extend the artistic qualities of the dancer. There is a focus on imagery, musicality and aesthetic alignment, with a hint of humour.

TIM HARBOUR: Tim's class follows the conventional ballet format of barre work, centre practice and jumping enchainments all with an emphasis on postural truthfulness and physical dynamism.

GEOFFREY WATSON: Geoffrey's classes use classical ballet technique as a basis to explore contemporary ideas approaches to dance. Tapping into the pure physical indulgence of ballet, we ask the questions; what is classical technique, how can contemporary dancers achieve and use it, and why is this relevant in 2019?

YOGA

KARA BURDACK: Yoga with Kara draws on her Hatha and Universal Yoga training, sharing her cross-mat practice including asana, pranayama and visualisations. The aim of the practice is to constantly transform and open the body in all directions of movement, within energetic sequences to find balance in the physical, mental and emotional bodies.

JO LLOYD: Jo's energising class progresses from a thorough warm up to a stimulating Vinyasa practice, incorporating intelligent and creative sequencing, with clear alignment cues and rich imagery, anchored in the traditions of Yoga. The class focuses on balancing the energy of the body, to bring awareness to the activity of the mind and provide support during class and in our daily life.

LILIAN STEINER: Lilian's vinyasa classes have a strong focus on finding energetic balance in the body through exploring a combination of fluid movement and held poses. Through building a strong awareness of movement to the breath and energy, the experienced separation of mind and body diminishes. Each class offers spaciousness and strength to the body, and balances power with restoration.

Meet the Teachers

KARA BURDACK: Yoga
Bio to follow shortly

DEANNE BUTTERWORTH: Contemporary Dance
Deanne Butterworth is a Melbourne-based choreographer and dancer and been working professionally since 1994.
Throughout 2017-2019 she is a studio artist at Gertrude Contemporary. Her practice is informed by the dynamics of how people work together with their bodies while accessing different energies and memories often in relation to the space they occupy. www.deannebutterworth.com

MADELEINE EASTOE: Ballet
Madeleine danced with the Australian Ballet Company for 18 years, finishing as a Principal Artist. During that time, she aligned with works by Graeme Murphy, Stephen Baynes, Alexi Rackmansky, Stanton Welch and Maina Gielgud, as well as the big classical traditional ballets. Madeleine has taught and coached the classical ballet art form for companies including the Australian Ballet Company, Preljocaj Ballet and numerous summer schools. All mixed in with motherhood and some floral design projects on the side.

TIM HARBOUR: Ballet
Tim Harbour danced with the Australian Ballet for 13 years, working with choreographers to make new work and touring all over the world.
As a choreographer, Tim has made work for the Australian Ballet (Resident Choreographer since 2014) as well as commissions by companies in Australia and overseas. He has taught for Chunky Move, Sydney Dance Company, Bangarra Dance Theatre, Australian Dance Theatre and Lucinda Childs Dance Company. For some years he also taught ballet class to contemporary dance students at the VCA in Melbourne.

REBECCA JENSEN: Contemporary Dance
Bio to follow shortly

MELANIE LANE: Contemporary Dance
Melanie is a choreographer and performer who's practice examines the body in negotiation with materiality, physical histories and training methods.
Melanie has worked both in Australia and internationally, with artists such as Arco Renz, Tino Seghal, Antony Hamilton and Lucy Guerin. She has created works for Chunky Move and Sydney Dance Company as well as her own independent projects.

PRUE LANG: Contemporary Dance
Bio to follow shortly

SHELLEY LASICA: Contemporary Dance

Shelley Lasica is an independent choreographer and dancer whose practice is characterised by cross-disciplinary collaborations and an interest in presenting dance in various spatial contexts.

With over 30 years' experience, Lasica's choreographic works illustrate an enduring interest in thinking about dance, movement and the many contexts in which they occur. More info: <http://shelleylasica.com/>

JO LLOYD: Contemporary Dance and Yoga

JO LLOYD is an influential Melbourne dance artist working with choreography as a social encounter.

A VCA graduate, Jo has presented work in Japan, New York, Hong Kong, Dance Massive, Melbourne Festival 2018, Biennale of Sydney, for Chunky Move (Next Move 2016) and Liveworks. In 2016, Jo was the Resident Director of Lucy Guerin Inc. She recently received an Australia Council Fellowship, a Creators Fund Fellowship and is Resident Artist at The SUBSTATION.

RHIANNON NEWTON: Contemporary Dance

Bio to follow shortly

LILIAN STEINER: Contemporary Dance and Yoga

Lilian Steiner is a Melbourne-based performer and choreographer.

As a dancer, she has worked with Australian companies Lucy Guerin Inc. and Phillip Adams' Balletlab across many projects as well as with independent choreographers Melanie Lane, Shelley Lasica and Brooke Stamp, as well as with numerous artists practicing within the fields of the visual arts, experimental music and architecture. Lilian's own choreography has been presented both within Australia and internationally. www.liliansteiner.com

GEOFFREY WATSON: Ballet

Geoffrey is a performer and experimental artist based in Melbourne whose work is rooted in dance but has branches in costume and fashion design.

For more information, please

visit www.geoffreygeoffreygeoffrey.com or

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