

Lennard is very wide ranged Artist, trained several disciplines like Acrobatics, Capoeira, Contemporary Floorwork and loves to bring them all together. Being influenced by Urban Dance styles, the impuls of creation and creativity is what labels him.

#### Class Description:

This class aims at the practice of high intensive movements and encourages to perform powerful sequences. It invites the participants to explore and deepen their physicality, while getting to know vocabulary that evolves progressively and enables the discovery of comfort, in moving extremely.

The class will begin with an intense physical Warming up, and soft mobilisation. It will lead thru movement patterns that will ensure our body to get ready for action, and prevents us from getting injured.

Thru different exercises, with it's elements from Gymnastics, Contemporary Floorwork and Capoeira, we will then practice in diagonals to enlarge our repertoire, learn new moves and prepare us for the upcoming sequence. Body awareness, agility, speed and strength are the key words. Playing with tension and the release of it, to generate a tricky and physical flow in space, in the air and on the ground.