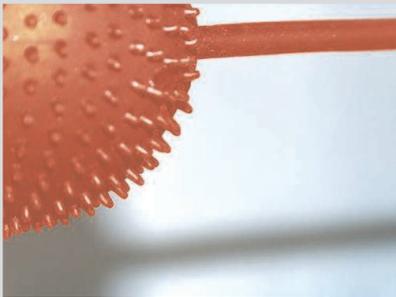


art and design



in movement

In the beginning there was the point.....



Just as art comes into being through movement -
art can be experienced through movement.

Colours, shapes and lines inspire us to new ways of moving.
Likewise, it is exciting and refreshing to experiment with
different materials whilst moving..
Is paper really light and a stone very heavy?

For this reason I offer creative workshops, in which smaller
performances rather than formal recitals can happen. I incorporate
the associations and thoughts of the visitors.
Black and white, colours, loneliness, alienation, city and countryside,
relations, love, violence, power and death... everything moves us and
everything can be expressed through movement.

How would the statue move or speak, if it could? Would I want to be like it, or
am I completely different? All of these questions, together with experienced or
fictional stories, and combined with music, form the starting point for
improvisations. Under focussed guidance, you can discover your own **dance**
in a playful way and expand the ways of expressing yourself.

I work with dance-expression, an imaginative and multi-medial dance teaching method from the Netherlands. In the Netherlands this approach is an acknowledged basic teaching method within the social and educational system and in the field of artistic works.

This dance-education was developed in Amsterdam, where migrated dance teachers worked with Jewish children, hiding in attics, to express the situation they were in through the means of dance.

Sonia Rastelli:

Social Psychologist M.A. / Play - and Theatre educationalist /
lecturer for dance-expression, School of Art, Amsterdam

"Although the name Sonia Rastelli may sound Italian, she was born in 1962 in Rabat/ Morocco and raised in Germany.

Since 1987 this social psychologist has been working as a dance and theatre educationalist for creative expressive dance at universities and working in art mediation."

Neue Presse Hannover 03.06.2008

Amongst others she has lectured at
College for science and art, Hildesheim
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ausdruck

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