

## Dance Day with Susanne Anders Bartholomäi Oct 14<sup>th</sup> 2017

Two years in the arranging and at last Susanne Anders Bartholomäi was with us in the Three Kings' Hall, Auchterarder. Susanne said this was the first time she had been invited to teach a day's workshop in Scotland. We were 21 dancers, the majority of whom were probably not sure quite what to expect. Susanne certainly got 100% concentration from the dancers as she got us to feel and think about where a movement was initiated, making suggestions to help us appreciate that. She led us into a gentle movement, or short sequence, which then became part of a dance. The pictures on the website show us dancing a lively partner dance called Vira de Frielas. However most of the dances were quieter and calmer ones giving us time to be thinking and putting into practice the awareness that we were developing. Some of the dancers commented on being exhausted at the end of the day – not from the dancing itself so much as from the amount of concentrating. But they were also extremely appreciative as a selection of their comments show:

*I thought the day was really brilliant, Susanne certainly made me think about dancing in a different way. What a lovely, lively and enthusiastic teacher, she is. I do hope Susanne can be persuaded to come back for another session soon.*

Alyson L.

*Susanne helped me truly connect with mind, space and movement....more days like this please.*

Maria S.

*...it was a wonderful experience. I would very much like to dance with Susanne again. I think she experiences dance in a very deep way, with a Mindfulness approach. Which I think is quite difficult for us to do until we know the dances quite well as all our focus starts with learning the dance and focusing on the 'correct' movements! It was a very new approach for me*

Rosie D.

*I felt much better at the end of the day; much more balanced and aligned as well as a bit taller and straighter. It was lovely to be given permission to do adjustments – I was shown how to do the arm movements sitting down; focusing on coordinating movement and breathing as well as stretching.*

Elke B.

*I would love to dance with Susanne again. It was a brilliant day. "The steps are not the dance"!*

Irene K.

*I really enjoyed going deep into the dances & gaining knowledge of how to express the dance. I enjoyed Susanne's style of teaching, I think we soaked up her enthusiasm and joy.*

Kate D.

This was billed as a Taster Workshop, with view to something longer in the future. The taster day has been greatly appreciated and left us with an appetite for more. I do hope this will be a possibility.

(If you haven't read it already please also see excerpt from Diana's Grapevine article).