

## **CLASS [www.countertechnique.com](http://www.countertechnique.com)**

Developed by Anouk van Dijk, Countertechnique® provides tools for body and mind to deal with the demanding dance practice of the 21st century. It is a movement system to help the dancer think about the dancing body, focusing on the process of incorporating information into action. Within a clear structure of exercises, the Countertechnique® class thoroughly prepares the body for rehearsal and performance, enabling dancers to move bigger, more fluidly and more spatially, while becoming stronger and more flexible.

By continuously and sequentially directing and counter directing parts of the body through space, Countertechnique® allows the moving dancer to work with an ever changing dynamic balance. This dynamic balance reduces the pressure on the overall body structure and can be changed at any given moment. The consistent use of the counter direction in all movements is key to the technique; both the awareness and application of this principle is trained throughout the Countertechnique® class.

The Countertechnique® class is a contemporary dance technique class. It stretches, coordinates and strengthens the body, making the dancer sweat, build stamina and really move. The class starts with a recurring set of exercises, allowing dancers to investigate the Countertechnique® principles in detail. The second half of the class consists of changing components working towards luscious movement combinations and a set of improvisation games to better explore the tools.

“Countertechnique® is helping me to continue the research of that perfect moment, anyway impossible to reach, and to happily comprehend the responsibilities of my personal dance process through a practical training as such. It is a precious tool that helps me to look for solutions rather than to be focused on problems, and it also reminds me that I am never alone while moving, allowing me to be alert and free. Through Countertechnique® I feel I can be present in the moment when all is perfectly connected, and this is thank to the choices I make... with fun and joy! I am so glad to share this process through teaching, sharing this essential encounter of my life with the dancers I will meet.” Elita Cannata

## **BIO**

Born in Italy, **Elita Cannata** (1985) is currently based in Amsterdam. She has studied Countertechnique since 2005 and performed for anoukvandijk dc in 2007 and 2008. She attended her first Countertechnique Teacher Training (CTTT) program in 2014 and, with the support of the Amsterdams Fonds voor de Kunst, returned to the CTTT in 2018 and progressed to the level **Senior Teacher**.

Elita Cannata graduated with a Bachelor of Dance in 2007 at Rotterdam Dance Academy / Codarts in the Netherlands and in 2011 got her MA in Theories of Performing Arts at the Università degli Studi in Bologna. During and after her graduation she performed for José Navas, Megumi Nakamura, anoukvandijk dc, Cathy Sharp Ensemble, Compagnia Tpo & Tom Dale, Tan Temel, Samuele Cardini, Emanuel Gat (Biennale College), Itzik Galili, Lynsey Peisinger, David Middendorp and Fabrizio Favale among others. Next to her dance and teaching career, she also works for several dance companies in the Netherlands as a Rehearsal Director.

## Teaching history, among others :

ArtEZ School of Dance, Arnhem - Codarts, Rotterdam - Dansateliers, Rotterdam - HJS, Amsterdam - Chunky Move, Melbourne - Circle.dance, Rotterdam, Utrecht - Project Sally Dance Company , Maastricht - Another kind of blue dance company , Den Haag - De Stilte dance company , Breda - Centro Civico Danza, Perugia - NOD Nuova Officina della Danza, Turin - Marameo, Berlin - Dance Italia workshop, New York, Florence - Studio del Movimento Danza , Budrio (BO) - Centro Danza Spettacolo OnKAOS, Fabriano - Accademia Nazionale di Danza di Roma, Rome - Caos, Terni - Dock 11, Berlin - Mcf Belfiore, Torino - Nunart Guinaldo , Barcelona - Studio Harmonic, Paris.

