

Ground Grooves: A methodical and safe floorwork approach - Dance

PÉRIODE Les 5, 6 et 7 mars de 09:00 à 12:00 (9 heures de formation).

LIEU Salle de danse - Centre culturel "Machera"

3, Place du Marché aux Bestiaux L-6731 Grevenmacher

ORGANISATEUR Association des Écoles de Musique

FORMATEUR Gracie Whyte et Laura Berg



formation organisée par

Association des écoles de Musique
du Grand-Duché de Luxembourg



avec le soutien financier du

LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
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Ground Grooves - About the method

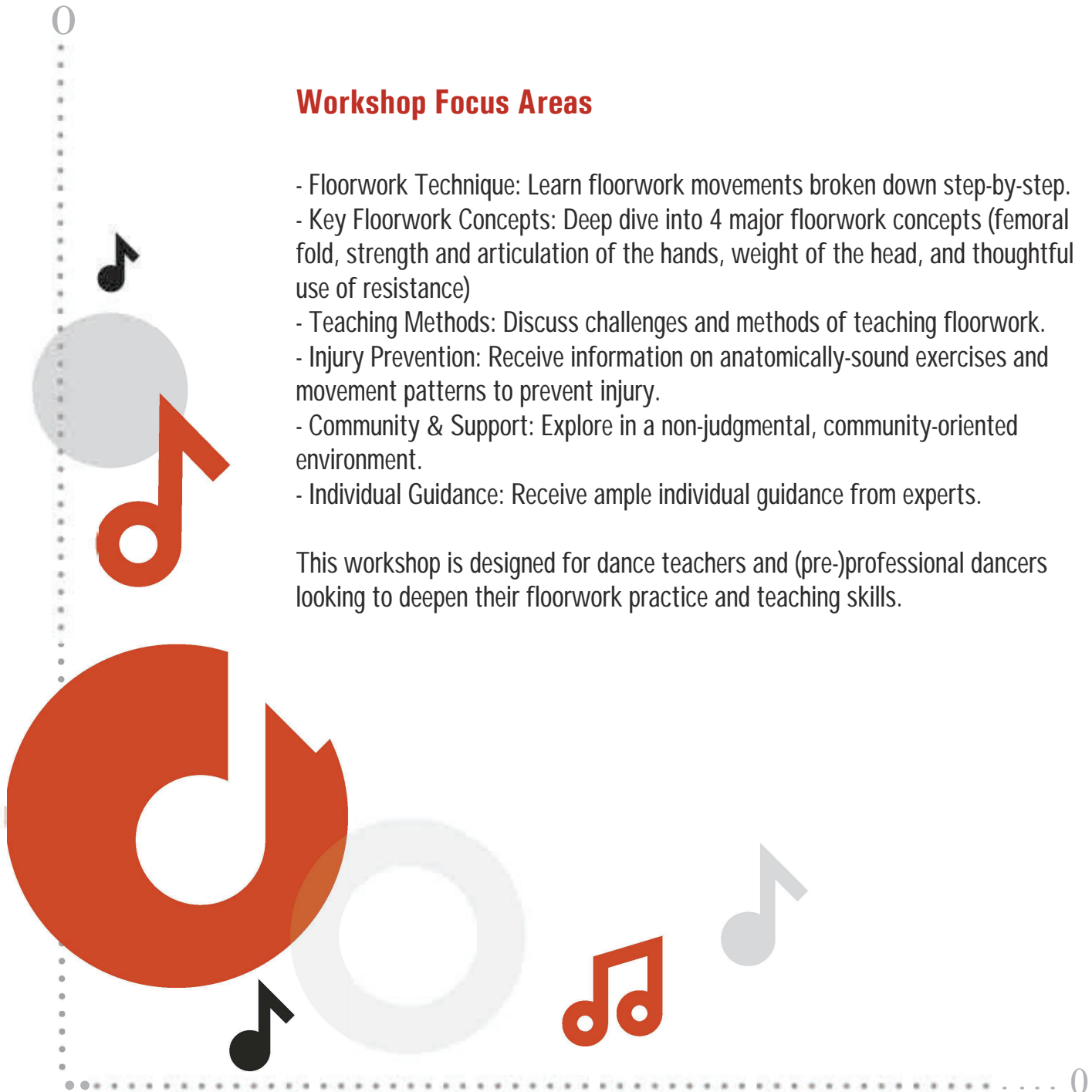
Ground Grooves is a floorwork approach and movement mindset that will heighten your physical sensitivity and soften your relationship with the floor. With an emphasis on continuous and fluid movements, Ground Grooves prioritizes longevity by building mindful, safe patterns that help your body absorb impact with ease.

Though the name "Ground Grooves" was officially coined in 2016, its roots trace back to 2014 when Gracie Whyte and Laura Berg began teaching together. Originally a class that blended release technique, floorwork, and WHYTEBERG rep, the class gradually evolved. Over time, it transitioned into a release/floorwork class, until eventually becoming more acutely focused on floorwork.

Workshop Focus Areas

- Floorwork Technique: Learn floorwork movements broken down step-by-step.
- Key Floorwork Concepts: Deep dive into 4 major floorwork concepts (femoral fold, strength and articulation of the hands, weight of the head, and thoughtful use of resistance)
- Teaching Methods: Discuss challenges and methods of teaching floorwork.
- Injury Prevention: Receive information on anatomically-sound exercises and movement patterns to prevent injury.
- Community & Support: Explore in a non-judgmental, community-oriented environment.
- Individual Guidance: Receive ample individual guidance from experts.

This workshop is designed for dance teachers and (pre-)professional dancers looking to deepen their floorwork practice and teaching skills.



Gracie Whyte trained with Jorge Crecis at London Contemporary Dance School - The Place and studied floorwork styles like Flying Low and capoeira. Upon moving to LA she began teaching an open class, allowing her to deepen her personal relationship to floorwork. Influenced by release technique with Becca Lemme and Countertechnique, Gracie's approach has evolved over the years and is informed by her relationship to injury and working safely with a focus on longevity and joy.

Laura Berg was introduced to floorwork by Stephanie Nugent at CalArts in 2010, exploring imagery, breath, and meditation in movement. Additionally, she trained with Becca Lemme, whose floorwork style focuses on momentum and releasing unnecessary tension. After college, Laura started learning from and working with Gracie and since, her floorwork knowledge has infinitely expanded.



INSCRIPTIONS & INFORMATIONS

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