

### Force ou Légereté

Employez-vous beaucoup de force quand vous bougez ou êtes-vous dans des mouvements plus légers ?



### Flux : Retenu ou Libre (l'élan)

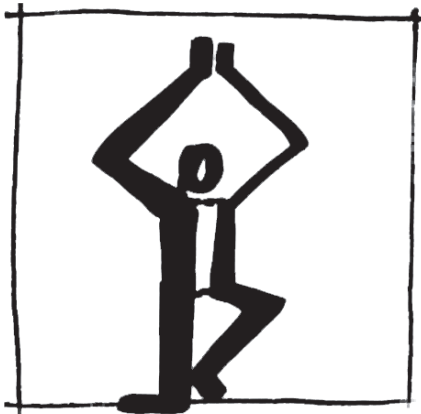
Le flux de votre mouvement est-il retenu ou libre ?

Utilisez-vous l'élan et la gravité ?



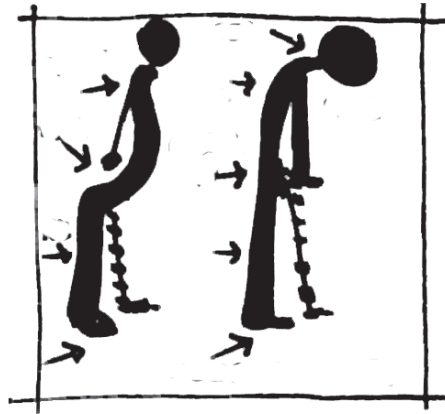
### Tonus : Relâché ou Tendu

Observez le tonus musculaire lorsque vous dansez. Le tonus est-il haut ou bas ? Quelle-s partie-s de votre corps ont tendance à être plus tendue-s ou relâché-e-s ?



### La Forme

Êtes-vous conscient, quand vous dansez, que votre corps crée continuellement des formes, comme une statue en mouvement ?



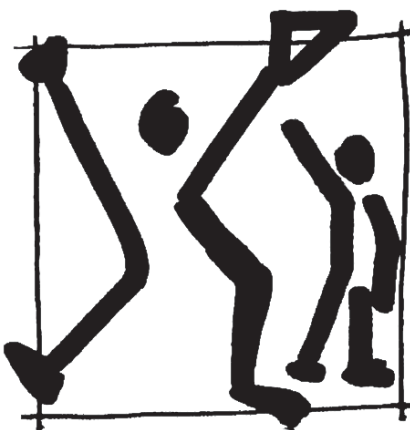
### La Posture

Quelle est votre posture corporelle prédominante : repliée, contractée, en extension, en hyper extension ou centrée ?



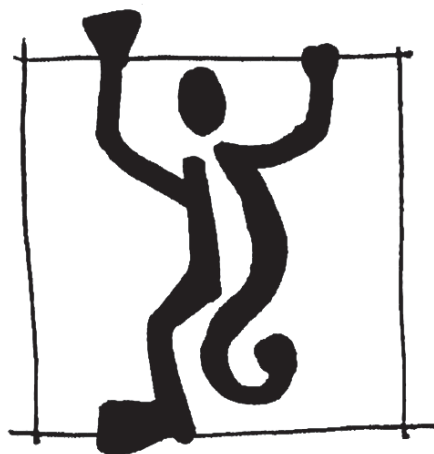
### Corps entier ou détaillé

Avez-vous tendance à bouger tout votre corps ou à faire des mouvements plus isolés comme activer seulement les bras ou les jambes ? Sentez-vous les liaisons entre des parties du corps ? Votre mouvement est-il articulé ?



### Amplitude

Quelle est l'amplitude de votre mouvement, petite ou grande ?



### Angulaire / Circulaire

Bougez-vous plutôt d'une manière circulaire ou plutôt anguleuse ?

the 1990s, the number of people in the world who are illiterate has increased from 1.1 billion to 1.5 billion.

It is not surprising that the world's illiterate population is growing so rapidly. The number of people who are illiterate is increasing because the world's population is growing so rapidly.

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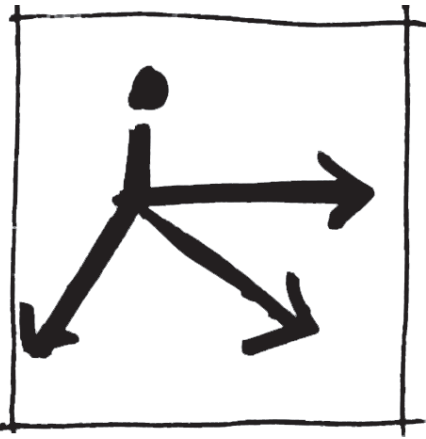
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### L'Orientation et les Directions

Voyagez-vous dans l'espace ou restez-vous principalement au même endroit ?



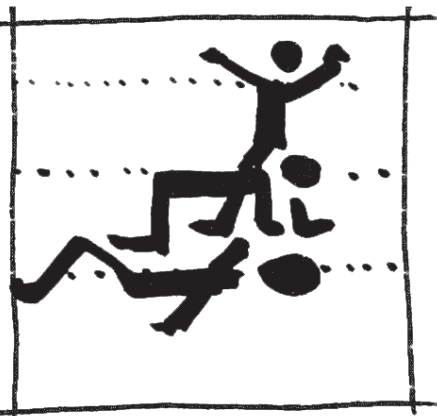
### Angulaire / Direct

Comment vous déplacez-vous dans l'espace ? De façon angulaire, directe ?



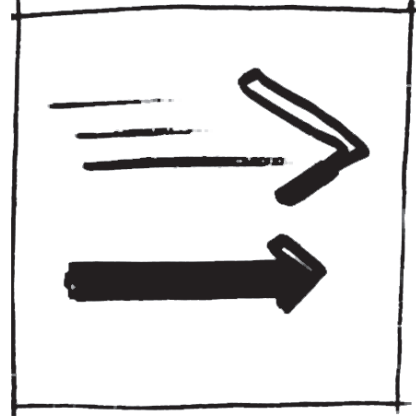
### Circulaire / Indirect

Comment vous déplacez-vous dans l'espace ? De façon circulaire, indirecte ?



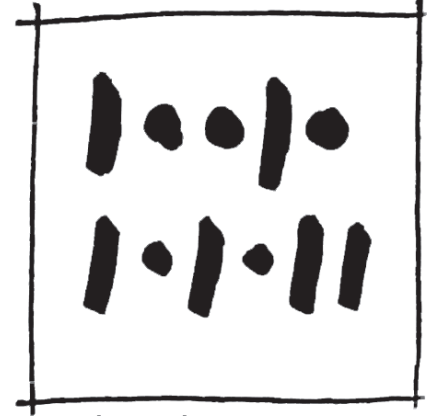
### Hauteur dans l'espace

Utilisez-vous les différents niveaux de l'espace : sol, intermédiaire, debout ? Avez-vous une préférence ?



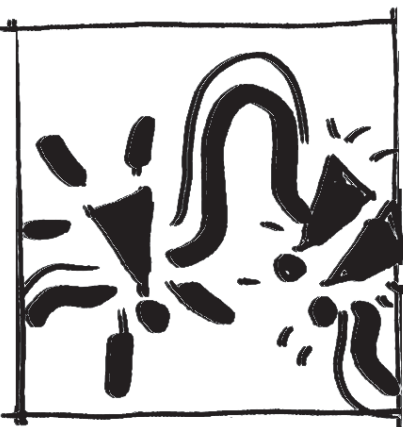
### La Vitesse

Avez-vous tendance à danser plutôt lentement ou rapidement ?



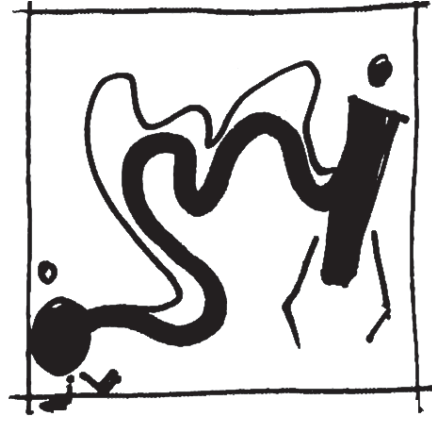
### Le Rythme

Changez-vous souvent la vitesse et le rythme ? Changez-vous soudainement de vitesse ou plutôt graduellement comme dans un mouvement soutenu ?



### Accentuer

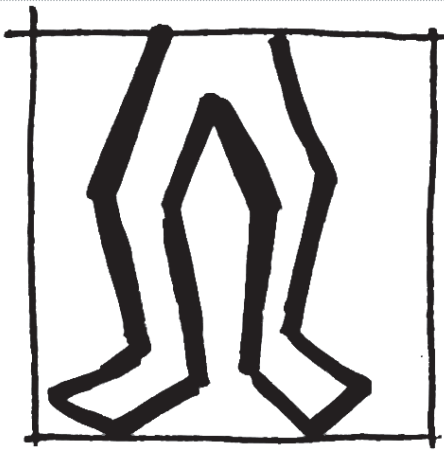
Ajoutez-vous des accents dans vos phrases de danse ?



### Commencer / Arrêter

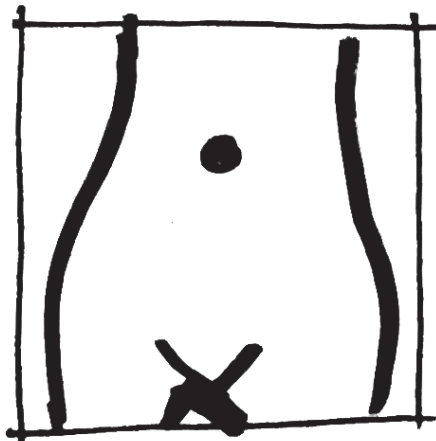
Êtes-vous conscient du début et de la fin de votre danse ?





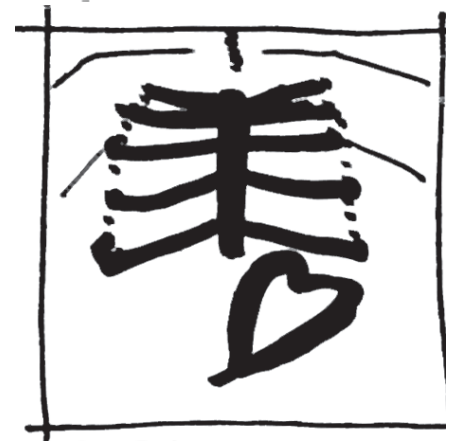
### Jambes / Pieds

- Fonction et répertoire de mouvements spécifiques (marcher, ...)
- Images (racines, ...)
- Adages et dictons
- Thèmes



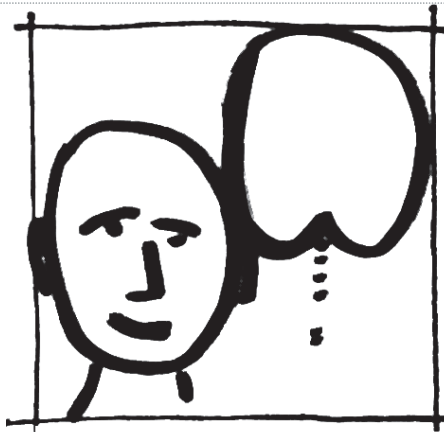
### Bassin

- Fonction et répertoire de mouvements spécifiques (basculer, ...)
- Images (un bol, ...)
- Adages et dictons
- Thèmes



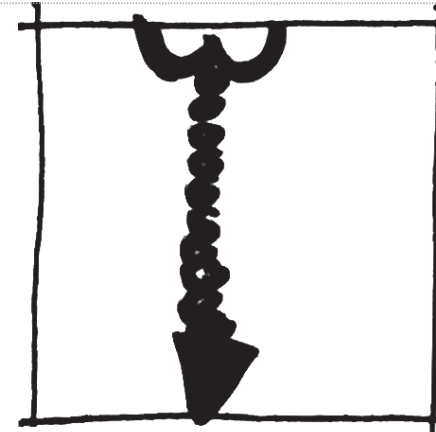
### Cage Thoracique

- Fonction et répertoire de mouvements spécifiques (respirer, ...)
- Images (une cage, ...)
- Adages et dictons
- Thèmes



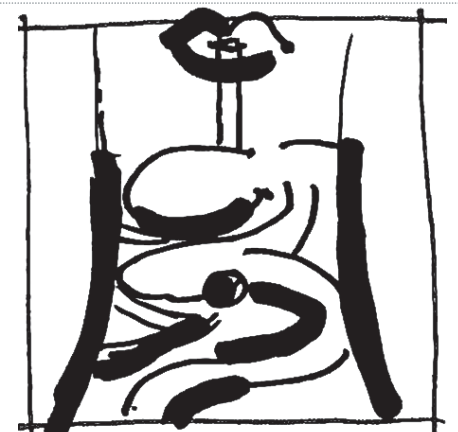
### Tête / Visage

- Fonction et répertoire de mouvements spécifiques (incliner, ...)
- Images (le mental, ...)
- Adages et dictons
- Thèmes



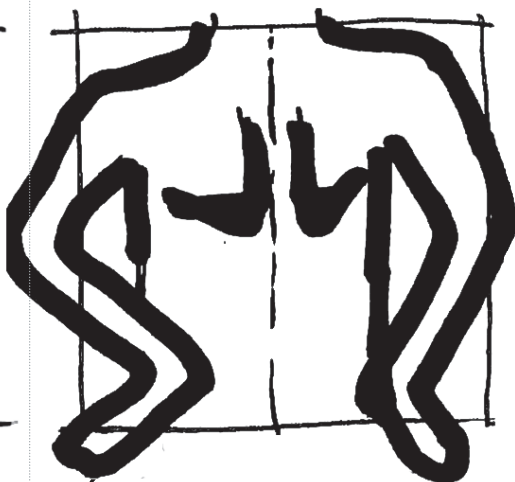
### Colonne Vertébrale

- Fonction et répertoire de mouvements spécifiques (onduler, ...)
- Images (serpent, ...)
- Adages et dictons
- Thèmes



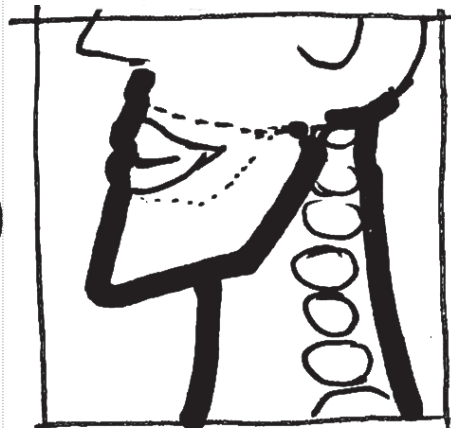
### Abdomen

- Fonction et répertoire de mouvements spécifiques (digérer, ...)
- Images (instinct, ...)
- Adages et dictons
- Thèmes



### Épaules / Bras / Mains

- Fonction et répertoire de mouvements spécifiques (prendre et recevoir, ...)
- Images (bras de fer, ...)
- Adages et dictons
- Thèmes



### Cou / Gorge / Mâchoire

- Fonction et répertoire de mouvements spécifiques (avaler, ...)
- Images
- Adages et dictons
- Thèmes

the 1990s, the number of people in the UK who are employed in the public sector has increased from 10.5 million to 13.5 million (13.5% of the population).

There are a number of reasons for this increase. One is that the public sector has become a more important part of the economy. Another is that the public sector has become more efficient. A third is that the public sector has become more attractive to workers. A fourth is that the public sector has become more diverse.

The public sector has become a more important part of the economy. This is because the public sector has become more efficient.

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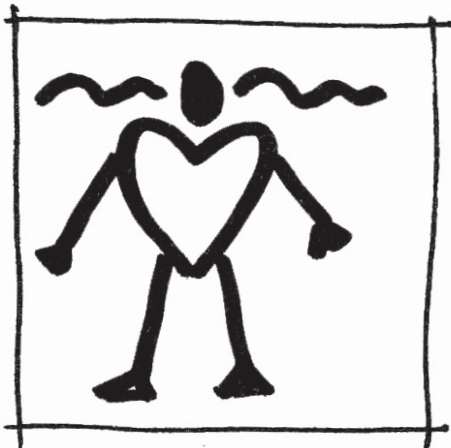
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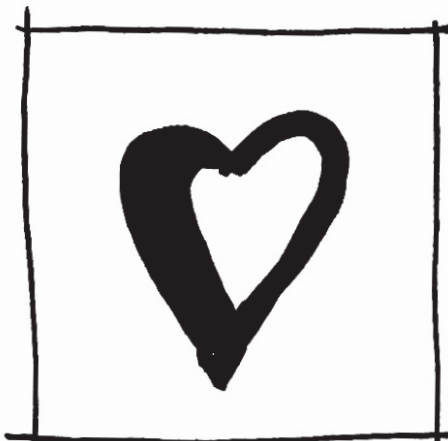
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**Les 4 niveaux d'attention  
et de réponse**

Qu'est-ce que je sens, ressens,  
imagine ?



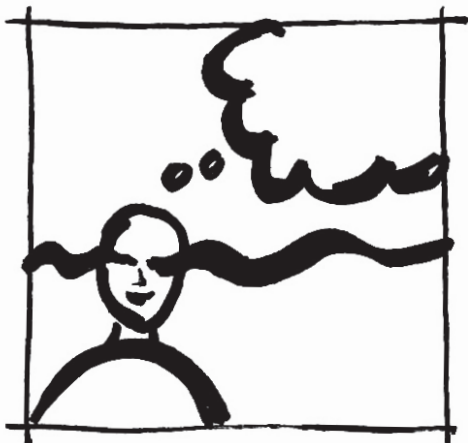
**Emotionnelle**

Qu'est-ce que je ressens ... ?  
*la peur, la colère, la joie, la  
surprise, la tristesse et le  
dégout, ... ?*



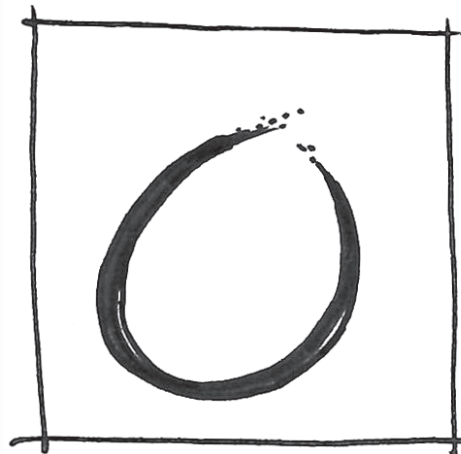
**Physique**

Qu'est-ce que je sens ... ?  
*les muscles, le squelette, la  
peau, les organes, ..*



**Imaginaire**

Qu'est-ce que j'imagine ?



**Spirituel**

*Vous connecter à ce qui est  
plus grand que vous.*

