

# Attila Rónai

---

I began my training at the Hungarian Dance Academy and then went on to dance for several companys in Budapest including, Inversedance-Fodor Zoltán, PR-Evolution Dance Company, Central-Europa dance Theatre, and Eva Duda dance Company, before going to Brussels to create with Ugo Dehaes. I then joined the Hofesh Shechter Company as an Apprentice for one year before joining the main company where I have remained for seven years. While dancing for Hofesh Shechter Company I have taught several local and international workshops, classes and assisted for Hofesh in his creation for the Göteborg Opera.

I always found great inspiration from music and put importance on dynamic, flow and totality of the body.

The class will focus on connecting to our senses and finding different energies, dynamic qualities, and total flow through improvisation. Because music is very important to me I like to use it as a tool to inspire students to let go and find themselves in a different physicality connecting to groove. Class will consist of improvisation, set exercises, and a phrase.