

makia

around centre group





dance theatre performance

producer: Nowa Huta Cultural Centre

- Krakow Choreographic Centre



concept and choreography: Agata Moląg

dance: Monika Świeca, Marta Wołowiec

duration: 35 minutes





Makia - a component of Hawaiian Huna method of meditation, referring to specifically understood focus as an ability of leading the energy and sending it wherever we want.

Rules themselves are not so important to us. More interesting is every analogy, which we can find and use during the work with the dancer and on which we can focus to improve stage presence, concentration, mind-body connection, intent and movement and finally the relationship performer - viewer.



Energy feedback the attention, attention feedback the energy.

The thing we focus on, starts to grow.

Focusing awareness on the particular thing, we cause movement of energy.

By creating the thought-form we are giving some energy to it.

Perception is closely related to sensory cues.

The body follows the concentration.

We can consciously observe our attention.

The thing what our mind focus on, becomes a reality.





Around Centre Group is an artistic collective,
working within the Krakow Choreographic Centre.

The core of the Group are dancers:
Agata Moląg, Monika Świeca and Marta Wołowiec.



The collective produces its own performances,
collaborates with artist from Poland and abroad
in the art projects,
takes care of the events carried out
by the Krakow Choreographic Centre
and conducts regular classes of contemporary dance.

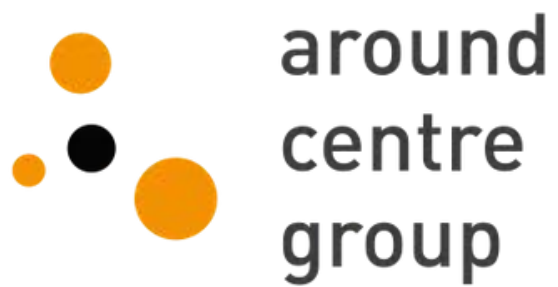


FROM THE AUDIENCE:

"Dynamic, surprising, unexpected turns
of action, thought-provoking,
with a sense of humor. Very good
performances, well prepared in every
detail. Great fun and perfectly spent
time :)".

biletyna.pl





photos: Katarzyna Machniewicz, Robert Siwek