

May Zarhy

Teaching description

Zarhy's teaching is an extension of her choreographic practice and research interests. Creating a supportive environment for asking fragile questions out loud where diverse voices can be expressed and listened to, is key in whatever class she's giving. Slowing down and expanding one's listening - bodily, auditorily, energetically - is central to her pedagogical propositions.

Her dance classes and workshops integrate somatic work with influences from Feldenkrais Method and release technique, starting off with anatomical awareness warm-up directing focus inwards. Gradually, through exploration of breath and spine movement, the participants are guided into an in-depth physical research, shifting the focus outwards into space. The physical practice involves durational movement, where the participants have time and space to follow their movement interests and questions. In her choreography workshops and mentoring of projects, Zarhy sets an emphasis on one's studio practice. Through choreographic exercises and group discourse, she encourages asking questions while moving and doing, while supporting a loss of an orientation in order to re-find it differently.

Zarhy regularly leads professional classes and workshops for dancers, students and movement based practitioners in a variety of contexts. She has over 15 years of experience teaching. She brings this experience and her practice as a choreographer when invited to work as a teacher or facilitator in any setting.

She has been teaching among others in: Tanzfabrik Berlin, K3 Hamburg, *Pro-Mornings* - professional contemporary classes in Suzanne Dellal Center Tel Aviv, *Moving Communities* - contemporary dance for people living with Parkinson's Disease at Yasmeeen Godder's company Tel Aviv, the School of Visual Theater Jerusalem, and more.