

# Raknamycs

Seminar Leipzig

Welcome to our Raknamycs seminar! To get the most out of the experience, we recommend you to take part in all four meetings. Yet it is also possible to reserve each session separately. The seminar will be divided into two sections on each day.

## **Raknamycs XPLOSYON / Floorwork: 18 & 19.02 ; 14-15:30 Uhr** (with Solrak):

In this session we will connect with the **EARTH** and focus on floor movement patterns within an organic flow. It is suitable for everyone in search of a new way of connecting with their bodies through creative movements and exercises. We let ourselves be inspired by the nature of animals and use techniques from many different acrobatic disciplines.

## **Raknamycs AIRE / Aerial Silks and Rope: 18 & 19.02 ; 15:30 - 17 Uhr** (with Yoka):

In this session we will bring our training concept up in the **AIR**. It is suitable for strong beginners, as well as more advanced aerial acrobats.

The Aerial Silk and Rope will not only be used as an apparatus for tricks and routines, but as a partner that helps us to express ourselves, improve our mobility and build strength. We will concentrate on some „advanced basics“ and explore creative and unusual postures and sequences. We want to give inspiration to connect with the aerial equipment in a different way, so you can find your own style rather than copying well known tricks.

DATE: 18th & 19th February 2023  
TIME: 14:00 - 15:30 -> Raknamycs XPLOSYON  
15:30 - 17:00 -> Raknamycs AIRE

PLACE: Artistenkombinat Leipzig

Preis: 4 Sessions: 120€  
3 Sessions: 105€  
2 Sessions: 80€  
1 Session: 50€

→→→ 10% Rabatt für Mitglieder des Artistenkombinats ←←←

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*„Raknamycs aims to awaken more consciousness in daily habits of movements, not only during a few hours at a training studio. We'll explore unique ways of moving the body through sensations and various exercises, discovering infinite shapes and patterns. Through movement and mobility we work on strengthening our small muscles, developing flexibility and improving the rotation of our joints. This helps us to improve our technique and resistance for a daily training, a longer career as a performer, as well as to avoid injuries and keep our body and mind healthy as long as life allows us.“*