



# G a g a

## Work Instructions

A few instructions before you start...

**Never stop:** The class is one session, no pauses or exercises, but a continuity of instructions one on top of the other. Each instruction does not cancel the previous one but is added to it, layer upon layer. Therefore, it is important not to stop in the middle of the session. If you get tired or want to work at another pace, you can always lower the volume, work 30% or 20%, float, or rest, but without losing sensations that were already awakened. Do not return to the state your body was in before we started.

**Listening to the body:** It is important that you take the instructions gently into your body while being aware to its sensations, abilities, and limitations. Do not seek excessive effort on your first time – seek the quality of the movement, the sensation to which we are aiming, but with less intensity in the work. Go to places where the pleasure in movement is awakened and not to places of pain. Maintain the connection to pleasure especially during effort (effort is different than pain). If you have any limitation, restrictions, or physical pain – permanent or temporary – talk to the teacher before the class starts, and be aware throughout the session.

**Awareness:** Be aware. Get inspired by the teacher and by other people in the room. Be aware of people around you, the space that they need, and the interaction if any.

**Silence:** During the session we do not speak unless instructed to use our voice or words. If you have any questions, you are welcome to bring them up at the end of the session.

**Classes start on time:** Attending the first minutes of the class is very important so you will be able to produce more from the session and take care of your body. It is advised to arrive 15 minutes early, turn your phone off, find yourself a place in the studio, relax, and start.

**No entry for latecomers:** If you are late, give up. Go do something else that is pleasant. Come to the next class.

**We work barefoot, without shoes.**

**We will be happy to hear how you felt during your first session and later as well.**

### About Gaga

Gaga is the movement language that was developed by Ohad Naharin throughout many years, parallel to his work as a choreographer and the artistic director of Batsheva Dance Company.

Gaga has two tracks: Gaga/dancers and Gaga/people.

Gaga/dancers is the daily training of Batsheva Dance Company. Several years ago, Naharin started an experiment on non-dancer friends and acquaintances. Over the course of three years, Gaga/people evolved and became a dynamic language that is suitable for everyone, of any age, without the necessity of prior experience. Gaga/people was opened to the public in 2001, and today it is being taught to a growing group of people at the Suzanne Dellal Centre in Tel Aviv and at additional places in Israel and around the world.

Gaga is a new way of gaining knowledge and self-awareness through your body. Gaga is a new way for learning and strengthening your body and adding flexibility, stamina, and agility while lightening the senses and imagination. Gaga raises awareness of physical weaknesses, awakens numb areas, exposes physical fixations, and offers ways for their elimination. The work improves instinctive movement and connects conscious and unconscious movement, and it allows for an experience of freedom and pleasure in a simple way, in a pleasant space, in comfortable clothes, accompanied by music, each person with himself and others.