

PT BASEL contemporary KEYWORDS

Jonas Onny, Dec 1-3

20% moving in space
20% phrases and floor work
15% playful / fun
15% technique
10% musicality
10% energy
10% awareness / mindful

Manel Salas: Dec 15-17

30% Physical Challenge
30% Exploration
30% Partnering
10% Internal Work (somatic, awareness)
100% Fun