

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.

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, 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.

Zarhy has been teaching at Pro-Mornings professional classes in Suzanne Dellal Center, *Moving Communities* contemporary dance for people living with Parkinson's Disease as Yasmeen Godder company, the School of Visual Theater Jerusalem, K3 Hamburg, Jerusalem Academy of Music and Dance and more.