

Les Rondes



Presentation

Les Rondes, (“the hoops” in French) is a movement experience conceived by the dancer and choreographer Gwen Rakotovao. Les Rondes are designed for everybody, particularly the “non-dancer”. The session enables the participants to reconnect to one-self by breathing, warming the body up, moving the body to music, and gently stretching the body.

After a morning session, participants will feel energized and full of good vibes. After an evening session, participants will feel relaxed and stress-free.

In a group, participants find themselves in a safe space to express one-self through movement. It is a great opportunity to move into a common experience of well-being, resulting in being in a state of great motivation.

About the session

Each session is 30 minutes and takes place in a virtual studio. Access to the studio is made via a link and there is no need to download an application.

What is needed for the session:

- Comfortable clothes.
- An electronic device with a webcam: computer, laptop, iPad, mobile phone, etc...
- A space at home. A space that is equivalent of a circle of 2 meters of diameter is enough.

Because the session focuses on the participant’s personal experience and not the exact reproduction of the movements, the participants don’t need to see themselves fully in the screen.

About Gwen



Gwen is a Malagasy and French dancer and choreographer, based in Paris after working in New York for a decade. She is the Artistic Director of her own dance company and taught dance to a large audience. Her pedagogical approach focuses on making dance accessible through movement and imagery. She received her Masters from New York University in Performance Studies. With years of experience in dance and ambition to bring people together, she guides people to move on music and connect the mind with the body.

gwenrakotovaocompany.org/Lesrondes | [instagram.com/GwenRakotovaoCompany](https://www.instagram.com/GwenRakotovaoCompany)

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Description of the different sessions:

If you are interested in a session in English, please inquire at lesrondes.grc@gmail.com to set a date and time.

Morning Session :

This session enables the participant to wake his/her body up and to warm the body and the mind to start a day and a weekend full of great energy and joy.

Evening session :

This session offers a time to breathe, relax and release the stress at the end of the day. By moving his/her body on music, the participant gains well-being to get ready for a good night of sleep.

Solo session :

This one-on-one session with Gwen allows the participant to get accustomed to the concept of Les Rondes. Through the various exercises, the participant will be guided to a space to express herself/himself fully through movement.

Family / Group Ronde :

A family ronde enables a family to take part in a session altogether to start the week-end. This session is made for two adults and children (kids, teenagers)
It is a great opportunity to spend a joyful time with your family and to create great energy. For the little one, the sessions also help children to coordinate movement in a playful way.