

Alessandra DI SEGNI

Biography



Alessandra Di Segni is a dancer, choreographer and teacher with a multifaceted and important curriculum.

She graduated from the National Academy of Dance in Rome and she also obtained a II level diploma. She studied contemporary dance and composition in Italy, France and America with M.Plevin, R. Jokojama, P. Goos, P. King, J. Slayton, D. Varone, S. Hodes, B. Jones, C. Parker, W. Mc Griff and others.

In her long artistic career, she danced with the historical Contemporary Teatrodanza Company of Rome of E. Piperno and J. Fontano and other various and important Italian companies including Dance Continuum, Balletto di Sardegna, Compagnia Mario Piazza, etc. participating in multiple tours abroad and in prestigious international festivals including the Festival Dei Due Mondi in Spoleto. She also danced

in a film production and she collaborated with lots of artists, directors, writers, singers and musicians. She choreographed for Danzare la vita Dance Company of E. Piperno, assuming the artistic co-direction for many years and she also won the national and international competitions of dance as a dancer and choreographer. She measures herself as an actress in a monologue.

She works as a lecturer and assistant and rehearsal director in choreography at the National Academy of Dance, she teaches Education for Creative Movement and Contemporary Dance in public schools from kindergartens to high schools and Choreutic high schools.

Her lessons are focused on energy, dynamics, musicality and on the deep perception of movement. She has the ability to manage groups and she is interested on the personal growth of each student in his free expression through technique and laboratory.

She is actually a professional teacher of Modern and Contemporary Dance Technique-Graham and Release Based at the National Academy Dance of Rome since 2013 and she was also coordinator of the Contemporary School.

Pedagogical approach

The goal of the pedagogical approach is to give students the possibility to learn the great principles of the Graham technique even in a few hours. The classes will be focusing on this discipline that has accompanied my dance career with its explosive power, strength, the use of connection between different body parts and the sense of the spiral movement. The work will be focus on the center of the body as a motor of movement; the contraction and release as a dynamic that brings the body into space. It will be very important also to cross the space in a different levels and speeds changes. The students will be encouraged to use movement with its different dynamic. I will be grateful to offer my great passion for this beautiful technique that enriched my artistic carrier, first as a dancer, today as teacher.