

**ADRIAN RUSSI**

**CONTACT IMPROVISATION in PERFORMANCE**  
**integrating movement technique, improvisation and skills for performance**

**9-11 of March 2012, Warsaw, Poland**



In this workshop we will explore intensively how to transform our regular CI-practice towards a performative movement art - in order to create instant composition in all its diversity, complexity and freshness.

The following questions will lead us through the week: What are the tools to stay connected with my own dance while being deeply involved in the physicality of a CI-duet? // How to achieve presence and authenticity to feed my dance and how do I keep this sense in front of an audience? // How can I connect the inner and outer space - what in fact does this mean? // What are the inherent compositional aspects of CI? // How to integrate compositional principles with the freedom of improvisation?

The first class of the day will focus on movement skills in solo, duet and trio. We will look for ways how to deal with gravity in a clever way, how to move upside-down and to integrate flying and falling into our dance. The key ingredients will be a distinguished body awareness in order to move and to communicate with our partner precisely, the playful interaction of technique and improvisation and the conscious (and constant) use of timing and space - which in fact are also fundamentals for performing CI.

In the second class we will go beyond CI-technique and improvisation skills to see what changes fundamentally when one is exposed to an audience. It's a lot about staying honest with yourself, dealing with the energy of the public and handling surprising moments in a creative way. Trusting your instincts and your intuition will be just as important as learning about compositional aspects and using CI-technique to give a clear base for performance.

For those who feel themselves ready, the workshop will end with a public studio performance to show our work to an audience and of course to bring our practice into reality. It's good to know: finally performance can be trained only while performing.

Come prepared to both move a lot and dive deep down into a subtle work with your body and to get energized from being on stage!

Friday 6-9 pm workshop  
Saturday 11am-2pm & 3.30-6.30 workshop, 7-10 pm jam with live music  
Sunday 11am-2pm & 3.30-6.30 workshop, 8pm public performance and jam  
On Saturday and Sunday during the breaks we plan common lunch, please bring some vegetarian/vegan food to share.

The price for the whole workshop is 55 Euro. Foreign participants are kindly asked to send an e-mail to Natalia bajkinatalki@gmail.com, so that we can arrange how to make the payment.

We will help travelers to find a place to stay overnight at homes of varsovian contacters.

Workshop is for people with some previous experience either in contact improvisation/ improvisation or in performance.

Workshop will be led in English.

### **Adrian Russi**

Adrian Russi is a one of the leading CI-teacher in Switzerland and travelling all over Europe to teach and perform Contact and Free Improvisation. He is deeply involved in CI since 1992 and in the meantime he is dedicating the biggest part of his life to this wonderful dance form.

After his studies of New Dance at "bewegungs-art" in Freiburg/Germany he continued his education with many different teachers, among them Steve Paxton and Nancy Stark Smith who have started to develop CI in the early seventies with a group of other movers. Besides this his teaching is also influenced by his studies of different kinds of martial arts and Craniosacral Bodywork.

He offers his work as a free lancer to a wide range of people and also gets regularly invited to teach in schools. In his teaching he focuses on the technical aspects of CI (ease, precision and strength) as well as on matters of perception (body-sensation, connection of inner and outer space, of bottom and top, centre-periphery) and on a creativity coming from a distinct body-awareness. For him the pleasure to play, deep engagement in the dance, and respect for others are the basis for gaining the most possible in dancing CI.

As a performer he works with many different international artists and his performances are primarily based on Free Improvisation incorporating Contact Improvisation, dance, dance-theatre, voice and live music. In 2007 he initiated "Moving Men", a men's trio with Charlie Morrissey and Jacky Miredin touring with there performance-work all over Europe.

As an organizer of CI-events he is involved in many festivals, jams and teachers-meetings, among them the "Moscow Contact and Performance Festival" and the "International Berner Jam".

For more information go to [www.adrianrussi.com](http://www.adrianrussi.com)