

meeting - sharing - shaping:

# Contact Improvisation

a workshop in Berne / CH  
with Adrian Russi

**29. July. - 2. August 2011**  
with a jam on the evening of 1. August

[www.adrianrussi.com](http://www.adrianrussi.com)



**How can I integrate playfully** and with creativity the new skills into my dance? What might be helpful to stay connected with myself and to follow my own movement impulses even in CI, where there is so much - sometimes even overwhelming - input from the outside? How can I find the transition from the common movement flow into a dance that I'm able to actively design?

**Dealing with gravity**, effortless weight exchange, taking profit from the momentum or offering a stable support while moving: these are some basics in CI. But if we stay with that and we find ourselves mainly in well known movement patterns there is something missing in a fundamental way. You can find it in the name of CI, it's all about improvisation! That means it's about unpredictability and the unknown.

**This workshop will offer** plenty of opportunities to learn new movement techniques and CI skills in order to integrate them into the improvised dance. The main aspect will be finding the freedom to shape the duet or the group dance actively. And it's my belief that only this will turn the coming together into a real meeting and a personal encounter. There will be time and space for everybody to explore his very own qualities and to share these with others. We will discover a creativity based on authenticity that integrates many different layers.

**Level: intermediate / advanced**

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**29. July - 2. August 2011** 10.00-16.30 (with a break)

**Gartenraum, Schanzeneckstrasse 25, CH-3011 Bern** (5min from the station; 15min walking to the river; a lot of green around the studio)

**CHF. 470.-** (Euro 310.-) resp. **CHF. 420.-** (Euro 280.-) with registration until 1.7.11. The registration is valid only with a **deposit of CHF 120.-** (Euro 80.-).

**Payment to:** PC 30-92'944-2, Adrian Russi, CH-3013 Berne

**Participation is at your own risk.**

**Adrian Russi:** Is involved intensively in Contact-Improvisation/New-Dance, martial-art/energetic-work and bodywork since twenty years. He studied New Dance at „bewegungs-art“ in Freiburg/Germany with the focus on Free Improvisation. He studied Craniosacral-Bodywork with Eva Ficzo in Freiburg/Germany and he performs and teaches regularly in Switzerland and abroad. He is influenced by different teachers, among them Steve Paxton, Nancy Stark Smith, Andrew Harwood, David Zambrano and Lilo Stahl.

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## **1. August-Jam**

**18.00 - 22.00**, CHF. 15.- (Euro 10.-) / free for the participants of the workshop

Please bring some nice things for the **cold buffet**.

**Registration** for the jam till 31.July 2011