



Body & Space

27. - 30. December 2010

**followed by the
New-Year-Jam**

**a workshop in
Contact Improvisation
in Berne / CH**

www.adrianrussi.com

german version on the website

Body & Space

Contact Improvisation with Adrian Russi - Workshop and New-Year-Jam

How much space do I take with my dance? // Which inner spaces are familiar to me, and which spaces are there still to be discovered? // How can the inner and the outer space get connected? // In which way is my space related to my partner's space? // How can I influence the quality of the space at a jam - what in fact does quality of a space mean? // ...

Dealing consciously with space is nourishing Contact Improvisation as strongly as the explicit physical basis of this dance form - this is what I learned in the past years of exploring, dancing, teaching and performing CI. Therefore we will work in "Body & Space" as well on movement skills as on the complex and amazing interplay between all the different spaces within and around our moving bodies. The aim will be to bring more richness, clarity and delicacy into your own dance - and to enable all participants to enter a next jam more consciously and with the sense of co-responsibility to create a wonderful dance space.

We will work on movement principles, contact skills and - very important - on deepening our ability to perceive our body, the space and the partners movement. Improvisation scores and bodywork will round off our work in movement. There will be space for free dancing, verbal exchange and for silence to get a deeper understanding of this dance form and to integrate the new material into the own dancing.

Level: intermediate / advanced

27. - 30. December 2010 **10.00 - 16.30** (with a break)

Studio Créarte, Mühlenplatz 15, CH-3011 Bern (accomodation in the studio is available)

CHF. 380.- (Euro 250.-) resp. **CHF 340.-** (Euro 225.-) with registration till 6.12.10.

The registration is valid only with a **deposit of CHF 120.-** (Euro 80.-). In case you have to cancel the workshop you will get back the deposit only if somebody else will take your place.

Payment on: PC 30-92'944-2, Adrian Russi, 3013 Berne; **Participation is at your own risk.**

Adrian Russi is a CI-teacher living in Switzerland and travelling all over Europe to teach and perform Contact and Free Improvisation. 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. In his teaching he focuses on the technical aspects of movement as well as on matters of perception and on a creativity coming from a distinct body-awareness. For him the pleasure to play and a deep commitment are the basis for gaining the most possible in dancing CI. Besides this his teaching is also influenced by his studies of different kinds of martial arts and Craniosacral Bodywork.

Adrian Russi

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New-Year-Jam

14.00 - 17.30: Score -Jam, no entrance after 14.00, CHF 15.-

from 18.00: open Jam, please bring something for the **warm and cold buffet**, CHF 20.-

Registration till 30. December '10