



Body & Space

28. July - 1. August '10

**including a jam on the
evening of 1. August**

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

www.adrianrussi.com

Foto: Mark Nolan

deutsche Version auf der Webseite

Body & Space

Contact Improvisation with Adrian Russi - Workshop and 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

28. July - 1. August 2010 **10.00 - 16.30** (with a break)

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

CHF. 470.- (Euro 310.-) resp. **CHF. 420.-** (Euro 280.-) with registration till 30.6.10.

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.

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Adrian Russi: Involved intensively in Contact-Improvisation/New-Dance, martial-art/energetic-work and bodywork since twenty years. Study of New Dance at „bewegungs-art“ in Freiburg/Germany with the focus on Free Improvisation. Study of Craniosacral-Bodywork with Eva Ficzo in Freiburg/Germany. Performing und teaching regularly in Switzerland and abroad. Influenced by different teachers, among them Steve Paxton, Nancy Stark Smith, Andrew Harwood, David Zambrano and Lilo Stahl.

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 2010