

# Listening ...

... to the body, the dance & the music

**Contact  
Improvisation**

**27. - 30. December '11**

**Adrian Russi  
Berne/CH**

**followed by a  
New-Year-  
Jam**

german version on  
[www.adrianrussi.com](http://www.adrianrussi.com)

**How does a dance feel like** when I follow my inner music? // How can I integrate Contact Improvisation and musicality? // What is the impact of external music on my dancing? // To what extent am I able to deal with it in a conscious and creative way?

**In this workshop** we will spend plenty of time tracking down our own musicality and nourishing our dance with this inner source. The goal is to develop more sensitivity and creativity in Contact Improvisation - a dance form which is often too much determined by the use of physical principals as weight exchange or momentum.

**Music is as omnipresent** in our life as movement. We all inherit both of them. Therefore you don't need a special musical gift to follow this approach in CI. Tracing our own inner music will also help us to handle with external music in a new way - in order to not just let us dominate by music but to find a dialogue between music and movement, to find a supplementary melody through our dance.

**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 principals into our own dancing.

**Open to participants** with experience in CI, for both music enthusiasts and ignorants...

**27. - 30. December 2011 10.00 - 16.30** (with a break)

**Studio Créarte, Mühlenplatz 15, CH-3011 Berne** (accommodation in the studio is available)

**CHF. 380.-** (Euro 280.-) resp. **CHF 340.-** (Euro 250.-) with registration until 6.12.11. The registration is valid only with a non-refundable **deposit of CHF 120.-** (Euro 80.-).

**Payment** to: 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 influenced by his studies of different kinds of martial arts and Craniosacral Bodywork.

Adrian Russi

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## **New-Year-Jam from 31. December - 1. January**

**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** until 30. December