

# Contact Improvisation Workshop 'Flying & Falling'

From Basic techniques to first shoulder lifts  
Intermediate /Advanced level

with **Adrian Russi** (Berne)

Saturday 17 September 2011

2.30pm - 6.30pm Projection 8pm

Sunday 18 September

12pm - 5.30pm

Performance 7pm & Jam 8pm

Tariffs: for 10hrs : **100€** reduced: **90€**  
deposit for **30€** places limited to 20

Evening around Contact Improvisation  
projections & echange. from 8pm saturday,  
Performance 7pm & Jam 8pm Sunday: **3/5€**



**We will work on skills for landing softly on the floor and rising up with ease into the upper space. Contact improvisation is a dance form where the body is constantly listening to gravity and playing with balance and off-balance; flying and falling through the levels and the space is part of your experience from the very first moment you start dancing contact. This workshop will start with basic skills and exercises to challenge your perception: flying high is a question of solid basic skills, of sensation and the ability to cleverly organize your body.**

**My intention is to work with precise movement techniques to offer exercises that will help to differentiate your perception and to open your awareness, to use bodywork for softening not only your body but also your mind, and to play with simple improvisation scores and free dancing to integrate the new movements.**

**Adrian Russi** is a CI-teacher based 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 teachers, among them Steve Paxton and Nancy Stark Smith. His teaching is influenced by his studies of different kinds of martial arts and Craniosacral Bodywork. As a performer he works with many different international artists integrating free improvisation, contact improvisation, 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. For more information go to [www.adrianrussi.com](http://www.adrianrussi.com)  
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