



Foto: Adrian Russi / Illustration: Karin Gsöllpointner

## Open – clear – related Fascia & Contact Improvisation with Adrian Russi / CH Vienna, April 4–6, 2014

**About 2 years ago I saw a film about fascia.** I was so fascinated that I decided to deepen my knowledge about fascia and craniosacral therapy.

Research has been done in this field for years and the newest technologies allow scientists nowadays to provide incredible pictures and new perceptions that bodyworkers are already using intuitively for a while.

Such as the fact that fascia rather build a fluid system than just consisting of solid matter.

### Fascia

**Moving from our fascia** enables us to be astoundingly light and open – on a physical as well as on an emotional level. This can change our relation to the inner and outer space and our sense of time. Core principles of Contact Improvisation like the way we deal with weight, the reach oder feeding-the-point-of-contact can be applied in a more subtle way.

**Fascia are not only something, that connects our whole body and envelopes its parts**, but a system that supports our movement through its elasticity and the capacity of multidirectional transmission of forces and information.

The are even able to change their consistency and resistance according to the circumstances!

And since fascia have an intense connection to the ANS (autonomous nervous system) and consequently are involved in many unconscious bodily processes, they play a decisive role in the context of our perception. Just to mention some aspects ...

### In this workshop ...

... we will plunge into the fascinating world of the fascia, create connections to other body systems, in particular the bones, the muscles and the skin. We will explore the different qualities, experience their interplay and discover new, inspiring ressources for our dances. Beside new insights and skills, **we will mainly focus on the practical experience, the senses and the movement.**

### Adrian Russi

is teacher for Contact Improvisation and New Dance all over Europe. Graduation at the institute „bewegungs-art“ in Freiburg, Germany. Continuous advanced training at workshops, festivals, laboratories and with various teachers like Steve Paxton and Nancy Stark Smith who have started to develop CI in the early seventies with a group of other movers.

Other influences: Biodynamic Craniosacral Therapy, martial arts.

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

**When** Fr, April 4, 2014 18.00–21.00  
Sa, April 5, 2014 10.30–17.00 (break incl.)  
Su, April 6, 2014 10.30–17.00 (break incl.)

**Where** WUK, Währingerstraße 59  
1090 Wien  
Room: Flieger

**Cost** 190 / € 160 (until March 5, 2014)  
Transfer / account : Karin Gsöllpointner  
no 76325117300 / code 12000 / BA-CA

*The registration is effective as soon as the deposit of € 50,- / person has been paid. The deposit is not returned in case of cancellation within 3 weeks before the WS date.*

**Info and registration:** Karin Gsöllpointner / [gsoell@hotmail.com](mailto:gsoell@hotmail.com) / mobil 0043-(0)660-12 55 800

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