



... and the world will stand on its head...

**What** In this workshop we will turn the world 180° and experience how it feels like to dance upside down. That means very simply to move, role and flow through positions where your pelvis is moving above your head. We will find ways to stay light and mobile in very different places and to give weight into our hands without effort.

**By that new spheres and unexpected possibilities will arise in your dance.** While dancing solo or with a partner we will float down into the floor, fall back up and experience the lightness of our body moving through the space with all its dimensions.

**During our explorations we will also have a deeper look at the spine** in order to get a better understanding and a distinct sensation for this connection of up and down. There will be space for free dancing too, verbal exchange and for silence to get the full taste of this dance form and to integrate the new material into your own dancing.

**Adrian Russi** is teacher for Contact Improvisation and Modern Dance. He is teaching and performing in whole Europe. Basic Training at „beweguns-art“ in Freiburg / Germany. Continuous further training, a. o. with Steve Paxton and Nancy Stark Smith. Adrian also studied various martial arts as well as craniosacral therapy. For more information: [www.adrianrussi.com](http://www.adrianrussi.com)

**When** **Fr, February 22, 2013** 18.00–21.00  
**Sa, February 23, 2013** 10.30–17.00 (with break)  
**Su, February 24, 2013** 10.30–17.00 (with break)

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

**Price** **180 / 150 (until January 15, 2013)**  
Account Karin Gsöllpointner  
no 76325117300 / banc code 12000 / BA-CA

*Registration is valid with deposit of 50,- EUR which is not refunded in case of short-dated withdrawal*