

Adrian Russi

# About Flying

Feb 3–5, 2017  
WUK, Vienna

For participants with experience in CI who want to meet gravity well consciously and joyfully, ready to surrender to movement and to enter a deep learning process.

a Workshop in  
Contact Improvisation  
[www.adrianrussi.com](http://www.adrianrussi.com)

*What are the images and phantasies that I carry in my mind about flying? What is needed as preparation for the flight and what will happen afterwards? How is all this working in a bird's body? And how do I experience the moments of flight in my own dance?*

**The desire to fly**, to sense lightness and freedom while dancing, is for sure one of the reasons for many of us to learn and to practice CI. And although you will meet the same risks in flying as in falling, most dancers have a rather positive association with flying. There are many dreams and fantasies to reach a state of ongoing flight without any effort – but according to my experience save and enjoyable flying needs a lot of patience as well as a deep engagement and readiness to work with the body and with gravity intensively. And it is certainly an advantage to be smart and modest enough to recognize even short moments of flight as a possible way of flying and to learn from it for longer phases later on.

**In this workshop** we will explore how to use gravity, momentum and stable bodies in motion in order to reach lightness in flight. We will work with timing, body-communication and weight, your own as well as your partner's – and we will experience that weight is first of all neutral. If it feels heavy or light depends on our inner attitude and on body intelligence – things that we can train and influence quite directly!

**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, Nancy Stark Smith and Nita Little. 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 nourished by his studies of different kinds of martial arts and Craniosacral Bodywork as well as of his own research work (amongst other things in the field of fascia).

## When

Fr, 3.2. 18.00-21.00  
Sa, 4.2. 10.30-17.00  
So, 5.2. 10.30-17.00

## Where

WUK, Währingerstraße 59  
1090 Vienna,  
Space: Flieger

## How much

190 / 160 € (until Jan 15, 2017)  
Account: Karin Gsöllpointner  
IBAN: AT861200050272010145  
BIC: BKAUAWTT  
Reference: Contact

*The registration is valid only with a deposit of € 80.- which is not refunded in case of cancellation after January 15, 2017.*

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