

Adrian Russi CI Workshop in Riga & Vilnius



April 9-11th in Riga Adrian Russi (Switzerland) will teach an intensive weekend workshop in Contact Improvisation "Beyond Gravity"

COSTS: Sliding scale 57-70€, Single class (3h): 15€;

LEVEL: This workshop is open for everybody. The

material will be prepared in a way that as well beginners as experienced dancers can profit fully.

LOCATION: Baltāsbaznīcas 14, Riga;
There will be organised transport from the city center.

SCHEDULE:

April 09 (Friday): 19:00-22:00;
April 10-11 (Saturday and Sunday) 11:00-18:00 (1h break)

BEYOND GRAVITY

Aware of your own centre and the inner axis, connected with the floor and the whole space: this is the very base to get deeply involved in a contact dance that will lead you beyond gravity and into an on-going falling in all directions and into new spheres. With ease and safety and without taking unpredictable risks! Communicating with your partners' body is one of the key-ingredients, combined with precise movement technique and highly developed body awareness. In a state of alertness, curiosity and with an open intuition, dancers are able to handle surprising moments and make decisions in a split second in order to form the dance in collaboration with the partner and the third something called Contact Improvisation.

In this workshop we will experiment with different movement principles to challenge our body and our range of perception. We will move solo and with partners to meet gravity in a new and creative way. There will be space for free dancing, for verbal exchange and for

silence to get a deeper understanding of this dance form and to integrate the new material in your own dancing. Come prepared to have fun, to meet other dancers in a new way and finally to find your own pathway through the dance.

ADRIAN RUSSI

Adrian Russi is one of the leading CI-teachers in Switzerland and travelling all over Europe to teach and perform Contact and Free Improvisation. He is deeply involved in CI since 1992 and in the meantime he is dedicating the biggest part of his life to this wonderful dance form.

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 who have started to develop CI in the early seventies with a group of other movers.

In his teaching he focuses on the technical aspects of CI (ease, precision and strength) as well as on matters of perception (sensation, connection of inner and outer space, of bottom and top) and on a creativity coming from a distinct body-awareness. For him the pleasure to play, deep engagement in the dance, and respect for others are the basis for gaining the most possible in dancing CI.

As a performer he works with many different international artists and his performances are primarily based on Free Improvisation incorporating Contact Improvisation, dance, dance-theatre, voice and live music. In 2007 he initiated "Moving Men", a men's trio with Charlie Morrissey and Jacky Miredin touring with their performance-work all over Europe.

As an organizer of CI-events he is involved in many festivals, jams and teachers-meetings, among them the "Moscow Contact and Performance Festival"

For more information go to www.adrianrussi.com

INFORMATION AND REGISTRATION ON WORKSHOP IN RIGA:

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Organisation: The Association of the Professional dance choreographers in Latvia

April 16-18th :: VILNIUS :: Adrian Russi "Flying&Falling"

More about WP in Vilnius: <http://contactimprov.blogas.lt>

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