

Contact Improvisation in Berne/CH

with Moving Men:

- Charlie Morrissey
- Jacky Miredin
- Adrian Russi

Unwrapping the Trio

... and the easiness of composing...

22. - 23. October 2011

www.adrianrussi.com

Foto: Samuel Gratac

How can we create space in our dancing? // And how can we occupy the space that is made for us? // What happens if we leave space for movement to arise?

In this workshop we will explore different approaches to improvising as a trio. We will move in solo, duet and trio combinations, and play with all kinds of ways in which to find stimulus from moving as three bodies together. We will focus on how we dance in an expanded space whilst still working on the principals of following and leading, working with momentum and weight, allowing subtle touch etc. This will include identifying and exploring the compositional qualities that are inherent within the trio form itself.

We will offer ways in which to find effortless composition through the act of listening and observing each other, through making space and expanding our awareness. As intense listening to the body is quite visible from the outside, it can often enliven the whole form of someone and create the sort of readiness and alertness that leads into a performative way of moving. This will help, both in finding more clarity within a jam situation, as well as informing and helping us to enjoy, dancing in front of an audience.

There will be technical exercises, sensory and kinetic explorations, and plenty of time for jamming and watching each other dance.

The workshop will be detailed, highly physical, playful and fun. Come prepared to dance and with a good base in CI!

22. - 23. October 2011 10.00-16.30

Gymhall Weissenheim, Kirchbergerstrasse 60, CH-3008 Bern

Fr. 220.- resp. Fr. 200.- with paying the deposit until 6. October. The registration is valid only with a non refundable deposit of Fr. 60.-
Payment on: PC 30-92'944-2, Adrian Russi, 3013 Bern

Charlie Morrissey (Brighton / GB) has been dancing for 20 years. He works internationally as a teacher, director, performer and researcher and makes site specific and theatre and gallery based performance work of a large and small scale from his base in Brighton, England. His work is informed by long term and ongoing working relationships with Steve Paxton, Lisa Nelson, Scott Smith, K.J.Holmes, Kirstie Simson, Christian Burns, Christoph Lechner, and many others.
For more information go to: www.charliemorrissey.com

Jacky Miredin (Copenhagen) is currently working as a choreographer, teacher and performer. He has been taken part in different festivals in Europe. His aim is to create a space where dancers can express and develop their capacity as movers and performers. Contact improvisation and improvisation are the main tools use for that purpose. He has been inspired in his research by masters such as Kirstie Simson with whom he's performing on quite of a regular basis, Julyen Hamilton, K.J. Holmes, Ray Chung... just to name a few of them.
For more information go to: www.jeanhuguesmiredin.com

Adrian Russi (Berne) is involved intensively in New-Dance/Contact-Improvisation, martial-art/energetic-work and bodywork since 20 years. Study of New Dance at „bewegungs-art“ in Freiburg/Germany with the focus on Free Improvisation. Study of Craniosacral-Bodywork with Eva Ficzo in Freiburg/Germany. Performing und teaching regularly in Switzerland and abroad. Influenced by different teachers, among them Steve Paxton, Nancy Stark Smith, Andrew Harwood and Lilo Stahl.
For more information go to: www.adrianrussi.com

Moving Men are collaborating since 2008, teaching and performing in Rome, Moscow, Rotterdam, Brighton, Coventry, Freiburg, Berne ...

Adrian Russi CH-3013 Bern adrian.russi@bluewin.ch +41-31-332'50'06 or +41-79-600'87'80 www.adrianrussi.com