



# Give and Take - Contact Improvisation

17th – 21th August 2011

*About the exchange of touch, weight and more in a generous and conscious way.*

*The base of Contact Improvisation is an ongoing interplay and exchange between the dancers, it's a constant situation of giving and taking. This happens on a purely physical level but also as a meeting between human beings. By that a contact dance immediately includes many different layers and becomes at the same time complex and extremely interesting. Of course many questions will rise up, e.g.:*

- *How can we stay light and mobile while exchanging weight?*
- *What's the difference between giving and taking in a simple touch?*
- *Which kind of dances feel nourishing and which are quite tiring?*
- *And: how can I feed the common dance with my partner or even a whole group?*

*In this Intensive we will explore some fundamentals of Contact Improvisation and try to find answers to the questions mentioned above. We will work as well on movement principles and contact skills as on perception, bodywork and improvisation. Last but not least the phases of free dancing will offer opportunity to play with the whole range of giving and taking, offering and getting, being in touch and being touched. Sometimes easy and playful, some other times in a more serious and deep way, but always with a sense of humor and acceptance.*

*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.*

## Adrian Russi

*Adrian Russi is a one of the leading CI-teacher 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.*

*He offers his work as a free lancer to a wide range of people and also gets regularly invited to teach in schools. 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.*

*The **workshop** is intensive: Wednesday – Friday 1p.m. – 7:30p.m., Saturday and Sunday class 10a.m. – 5p.m.*

***Jam** (parts of workshop) – open to outside people - Friday 19th August jam 8p.m. – 10.30p.m.*

***Individual** work with Adrian, Wednesday – Friday between 9a.m. – 1p.m. Adrian will be available for private lessons. (Paid extra 18 EUR / 20min.)*

*The **price is 165 EUR**. People from out of Prague can sleep on Druna. You can sleep in you own sleeping bags right in the hall or surrounding spaces, which will be available for you for 9 EUR per night.*

*Druna – náhorní planina, Karlovo náměstí 24, Praha 1.*

*Více informací na [www.druna.cz](http://www.druna.cz), [druna@druna.cz](mailto:druna@druna.cz) nebo na tel.: +420 723 253 757 (Zita)*