

MEETING - SHARING – SHAPING **CI workshop with Adrian Russi**

A photograph of a man and a woman in a dance studio. The man, wearing an orange short-sleeved shirt and light-colored cargo pants, is supporting the woman. The woman, wearing a red top and red pants, is in a dynamic, inverted pose, with her back to the man and her legs bent. They are in a room with a white wall and a large window on the right side. The floor is dark and reflective.

How can I integrate playfully and with creativity the new skills into my dance? What might be helpful to stay connected with myself and to follow my own movement impulses even in CI, where there is so much - sometimes even overwhelming - input from the outside? How can I find the transition from the common movement flow into a dance that I'm able to actively design? Dealing with gravity, effortless weight exchange, taking profit from the momentum or offering a stable

This workshop will offer plenty of opportunities to learn new movement techniques and CI skills in order to integrate them into the improvised dance. The main aspect will be finding the freedom to shape the duet or the group dance actively. And it's my belief that only this will turn the coming together into a real meeting and a personal encounter. There will be time and space for everybody to explore his very own qualities and to share these with others. We will discover a creativity based on authenticity which integrates many different layers.



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.

When? 12-16.10, 10-17.

How much? 770 before 15.9, 870 after.

Where? Vertio, Gerar Bachar.

Registration? avivsheyn@gmail.com