

# Perfectly Imperfect

Contact Improvisation in Helsinki  
with  
Adrian Russi  
&  
Mirva Mäkinen

**Workshop:** 13. - 16. May 2010  
Thu, Sat & Sun from 10-17, Fri from 17-21

**Cost:** 100 euros

**Contact:** [mirvamakinen@gmail.com](mailto:mirvamakinen@gmail.com)

## Perfectly Imperfect

- balancing between technique and skills for listening

Contact Improvisation in Helsinki, Finland  
with Mirva Mäkinen (Fin) and Adrian Russi (CH)

**13.-16. May 2010**

Schedule: Thu, Sat & Sun: 10-17, Fri: 17-21

Fee: 100 euros

Place: Kallion lukio, Porhaninkatu 15, Helsinki

Registration and more information: [mirvamakinen@gmail.com](mailto:mirvamakinen@gmail.com) or +358 400 383805

**In this workshop we dance** in dialogue of weight, balance, reflex, momentum and impulse between two moving bodies. Through the physical sensation of touch and weight sharing we will explore skills of rolling, falling and lifting and we will find ways how to use minimal effort in lifting and how to deal with our weight when being lifted.

**Although this seems** to be a lot about technical skills we will be mostly interested in listening and in the so called beginner's mind: how to keep our mind open for new situations, unknown moves and deep learning. Therefore we will work on the "perfect" sensation of the body moving while taking the risk to be in an "imperfect-looking" shape.

**There is lots of knowledge** in the center of the body - not only for contracting and tensing but also for releasing your center when needed. To reveal this we will move from the center towards the extremities, work with center-limbs connection and do exercises of reaching, folding and spiraling to find a natural and organic sense of movement. We will play with how to use balance and off-balance by recognizing body weight and directing falling weight. Sometimes when we become better in technique, we want to learn even more and tend to repeat the patterns we already know in order to be or to look perfect - forgetting the joy of dancing and that CI is improvisational by nature.

**Perfectly imperfect:** could this be technique for the mind? For participants with a good base in CI.

**Mirva Mäkinen** (Helsinki) holds a MA from the Dance Department of the Theatre Academy of Finland and works widely in Finland as a dancer, dance teacher and choreographer. Since 2000 she acts as teacher, choreographer and lecturer for dance at the Kallio Highschool of Performing Arts. She regularly teaches in Finland and in international contemporary dance and contact improvisation festivals. Beside that she works as a freelance dancer, lately in dance company Karttunen Kollektiv, in Circo Aereo, company for new circus and in Zodiak, center for new dance. She has learned CI by practicing, studying, teaching and performing. Other inspirations coming from contemporary dance, astanga yoga, meditation, aerial dance and acrobatics. "My ideal is curiosity and presence, which makes every moment true and meaningful".

**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 Ficzkó 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](http://www.adrianrussi.com)