

The Art of Falling

A workshop in Contact Improvisation with Adrian Russi
Camping Town Studio Brussels, 26-27-28 august 2016

Contact Improvisation is a constant interplay with gravity and every rising movement results eventually in the coming back down towards the floor – “The art of falling” will focus on this physical fact that seems to be simple but not always easy to practice.

The participants will learn **how to move towards and into the floor** in a safe and pleasurable way with both smoothness and even elegance. The overall goal is to discover the process of falling as something that can be experienced and navigated consciously. The gradual exploration along important principals (as putting weight back onto the floor, sliding, gliding, falling freely) will help us to increase our movement repertoire tremendously and to deal with old fears in a more easy way.

To integrate falling as a natural and safe part into the dance leads you towards effortless and resourcing movement qualities, where you can experience gravity rather as an energy supply than something to overcome. The floor and the space will turn into real partners – communication partners to get supported and nourished from and that enable you to dance in a 3-dimensional and juicy way.

Focusing on falling is also a dedication to the origin of Contact Improvisation: In 1972 they started to explore besides the Small Dance mainly the movements of jumping on, catching and falling. Although it seemed to be quite rough in the very beginning Contact Improvisation occurred at that time much more courageous and progressive than in jams nowadays where one can observe too often grabbing and hooking in order to prevent from (common) falling and with that hindering to move into the unknown.

Of course in the meantime plenty of principals have been added and developed further on which make Contact Improvisation what it is today and they will be part of the workshop too. Apart of exploring falling in its whole variety we will work also on the different ways how to get up from the floor and onto a partner. We will refine our perception, exchange relaxing bodywork, improvise playfully and deeply involved and of course question our movement habits.

Open to participants both experienced in CI and with the desire to let go in a smart way in order to balance between surrender and active navigation.

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.



PRACTICAL & REGISTRATION

Dates : 26-27-28 août 2016

Schedules: Friday 18h15-20h45 – Saturday 10.30-18.00 – Sunday : 10h-14h

Place : Camping Town Studio, 14 rue de la Comète – Métro Botanique, tram 92 et 93.

Cost: 125 euros (inscription avant le 21 juin) - 145 euros.

To valid the registration, please send 50 euros on this account : Anne-Dolorès MARCELIS : IBAN BE04 0631 4932 1431 BIC : GKCCBEBB. With: Name + Workshop Adrian RUSSI. The insurance is on charge of the participants.

Don't hesitate for more infos : campingtown.be@gmail.com