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tableland for dance, voice and meditation

Fascia... permeable, clear, related

17th – 21st of August 2013

Workshop of **contact improvisation**, where we will dive deep down into the hallucinating world of fascia.



Recordings from under the skin that I saw in a video last summer intrigued me completely. I felt compelled to learn more about fascia and to renew my understanding based on my studies of Craniosacral Bodywork from some years ago. Scientists are exploring this area since a while intensively and they provide incredible pictures and a knowledge that body-workers all over the world sensed already earlier before, e.g. that in fact fascia seems to be much more a semi-liquid system than a solid fabric, as the word connective tissue might make one think.

Moving from your fascia brings up an amazing lightness and permeability, both physically and emotionally. It changes your relation to the inner and outer space and let you experience time in a new way. Furthermore it allows you to use well known CI-principals as poring weight, reaching or feeding the point of contact in a much more differentiated way.

Fascia is not only the one thing that connects and wraps our whole body in all directions, but it also supports our movement by its elasticity and the ability to transmit force and to change its consistency. It plays a main role in proprioception and is deeply related to the vegetative nervous system. And these are just a few aspects...

We will create connections between world of fascias and other body systems, mainly the bones, the muscles and the skin. We will explore the different qualities, experience their interplay and discover new sources of inspiration for our dance.

Adrian Russi (Switzerland)

Adrian Russi is one of the leading CI-teachers 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.

After his studies of New Dance at "bewegungs-art" in Freiburg/Germany he continued his education with many different teachers, among them Steve Paxton and Nancy Stark Smith who have started to develop CI in the early seventies with a group of other movers.

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.

As a performer he works with many different international artists and his performances are primarily based on Free Improvisation incorporating Contact Improvisation, dance, dance-theatre, voice and live music. In 2007 he initiated "Moving Men", a men's trio with Charlie Morrissey and Jacky Miredin touring with their performance-work all over Europe.

As an organizer of CI-events he is involved in many festivals, jams and teachers-meetings, among them the "Moscow Contact and Performance Festival"

www.adrianrussi.com

The workshop is intensive

- Saturday and Sunday class 10a.m. – 5p.m.
- Monday – Wednesday 1p.m. – 7:30p.m.

Jam (parts of workshop) – open to outside people

- Friday 16th August jam 8p.m. – 10.30p.m.

Individual work with Adrian

- Monday – Wednesday between 9a.m. – 1p.m. Adrian will be available for private lessons. (Paid extra 18 EUR / 20min.)

The price is 165 EUR for reservation need to be payd all before 19th of July 2013. After this date the price is 180 EUR. People from out of Prague can sleep on Druna. You can sleep in your own sleeping bags right in the hall or surrounding spaces, which will be available for you for 10 EUR per night.

DRUNA – NÁHORNÍ PLANINA, Trojická 10, Praha 2, Czech Republic.

More informations at druna@druna.cz or on number +420 725 449 409 (Bára)

www.druna.cz

To se mi líbí

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Poslat

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