

From Perception to Technique - and back again

Contact Improvisation and the hallucinating world of fascia

This workshop addresses people interested in combining the dance form of Contact Improvisation and the topic of fascia. We will focus on the amazing interplay of perception and movement technique through fascia. The goal is to move a lot, to get intrigued by the knowledge offered during the workshop and to integrate knowledge and movement practice – in order to dive deep down into Contact Improvisation, to dance at the same time in a smooth, juicy, precise way and to find yourself nourished by your own movement and by all the encounters you will have during these 2,5 days!

Moving from fascia brings up an amazing lightness and permeability, physically and emotionally. It changes your relation to the inner and outer space and let you experience time in a new way. And one of the most compelling facts about fascia seems to me that it plays a major role as well for movement as for perception.

Fascia enables the body to move smoothly and efficiently by transmitting forces and information in a 3-dimensional way with no torsion or shear, by offering a tremendous elasticity and by coordinating muscle action. Dancing Contact Improvisation means using the properties of fascia anyway – but knowing more about fascia allows you to profit much deeper and to use well known CI-principals as poring weight, reaching or feeding the point of contact in a much more differentiated way.

Fascia is deeply related to both proprioception (sensing your movement and position) and interoception (sensing your inner space, movement impulses, moods, organs, ...). That means fascia makes you not only feel your movement on a physical level, but it also gives you crucial information about the coherence of your and your partner's movement. The sense for what feels good and appropriate helps you to find an individual way through the improvised dance and you will end up having a lot of pleasure and satisfaction in Contact Improvisation.

Body awareness and smoothness in movement are the main tools to communicate non-verbally with the other dancers through touch and through space - and it's the very base for safety and great fun at jams!

When? 11-13 March 2016

Where? Warsaw, Studium Teatralne, ul. Lubelska 30/32 (very close to Warsaw East train station)

For whom? For people with basic understanding of CI or knowledge from other movement techniques (contact me if you are not sure)

For how much? 70-100 Euro (as you can), when registering and paying a non-refundable deposit of 30 Euro until 15 February; 90-120 Euro (as you can), when registering and paying the deposit after 15 February

Registration and questions: Andrzej Woźniak – kinspiracje@gmail.com

Adrian Russi is travelling all over Europe and sometimes intercontinentally 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 further education with many different teachers, among them Steve Paxton, Nancy Stark Smith and Nita Little. Besides this his teaching is influenced by his own research work and by studies of different kinds of martial arts and of Craniosacral Bodywork.

In his teaching he focuses on the technical aspects of CI as well as on matters of perception and on a creativity coming from a distinct body-awareness. For him the pleasure to play, deep engagement in the dance, total presence 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.