

## Technique at the Edge of Fantasy - some more information

**24. - 30. October 2011 in Moscow**

(followed by the workshop "Stillness - Action - Flow", led by Adrian Russi, from 31. Oct. - 4. Nov., you will get a discount if you register for both workshops)

### Basic idea

The basic idea is to gather a group of advanced contact dancer to explore, deepen and share Contact Improvisation.

From Monday till Friday there is plenty of time during daytime to lab, do some bodywork, jamming or simply resting or doing some sight seeing in the exciting city of Moscow! In the evenings there will be classes led by Adrian, Masha and Sasha.

At the weekend the teaching will be during daytime and focused jamming in the evenings. So it's a great mix of taking classes and organizing yourself with others of the group to enjoy and understand CI in a more intense way.

### The teachers

**Masha, Sasha and Adrian** met in 2006 in Moscow and fell in love with each other immediately (dance wise ;-)) Since then they meet regularly to dance, explore, perform and organizing with a group of great people the "Moscow Contact and Performance Festival". Their focus in dancing is... just check the flyer, you will find our interests there!

#### Sasha Bezrodnova

By education I am a social psychologist. In last years CI has become my main interest and direction in life, which I am very happy about. I practice CI and Authentic Movement since 2002, teach regular classes in improvisation and performance group in Praktika theatre in Moscow, as well as jams, labs, workshops for beginners and advances in different cities and countries. I participated in performance projects with Steve Batts, Karl Frost, Konstantinos Mokhos, Andrey Andrianov. I am happy to be a part of Moscow Festival team.

Themes and focuses interesting to me now are:

- Anatomical and structural fundamentals of movement
- Evolutional patterns and animal movement in CI
- CI for parents and kids, CI for kids with special development
- CI on the lawn, on the sand, in the water, on the stones.....

Teachers who influenced on my vision of CI are Andgela Dony, Steve Batts, Natanja Den Boeft, K J Holmes, Danny Lepkoff, Nita Little and Arye Burstein



#### Masha Grudskaya

Has been dancing CI since 2003, teaching in Moscow, other cities of Russia and in Poland, Lithuania, Latvia, Israel. Studied with many teachers, among them Andgela Dony, Steve Batts, Nancy Stark Smith. Masha is one of the organizers of Moscow Contact Festival. Also, she explores dance improvisation in performance, contemporary dance, works with dancers, musicians and artists in different performance projects.

"To me, in CI there are two worlds, closely connected and supporting one another: one is body organization, movement analysis, connections in the body, reflexes; other is expression, sense, composition. I enjoy the depth, richness and endless of both these worlds..."



#### Adrian Russi

Please check my website: [www.adrianrussi.com](http://www.adrianrussi.com)

## **Accommodation**

Private accommodation will be organized for people from abroad.

## **Travelling**

In the meantime it's quite easy and cheap to get a visa for Russia. We will send you an invitation and you won't have any problem to come to Russia!

## **Looking forward to meet you in October in Moscow -**

For any further information please check the flyer [http://adrianrussi-en.weebly.com/uploads/1/7/5/0/1750180/technique\\_at\\_the\\_edge\\_of\\_fantasy\\_moscow\\_okt\\_11.jpg](http://adrianrussi-en.weebly.com/uploads/1/7/5/0/1750180/technique_at_the_edge_of_fantasy_moscow_okt_11.jpg)

or contact us!

Adrian, Sasha and Masha

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