



Precision, flow & open mind  
**Unfinished Lifts**  
Tel Aviv

2020 במאי 13 - 17  
17/5 ו- 13/5 ערבים  
14 - 16/5 ימים מלאים

# אדריאן רוסי בתל אביב

## סדנת עומק בקונטקט אימפרוביזציה

A contact dance, which feels easy, playful and also deep, fulfills me over and over again with satisfaction and joy. Body and mind reach a common flow and the weight seems weightless. However, this state can't be obtained just like that, it is very much a matter of luck - but not only.

Skillful preparation and entering into the dance with attentive listening, increase enormously the chances of gaining it.

In "Unfinished Lifts" we aim to trace the luck of getting into the state of flow. Throughout this search we will practice precise movement techniques and devotion to the here and now. Particularly during weight exchange it will be a matter of following the momentum unconditionally and navigating it, instead of trying to complete the targeted lift. To take the risk of "unfinished lifts" is extremely satisfying and efficient, as the swing of the movement is continued and the dance can take place without interruptions.

The techniques learned can be practiced elegantly and integrated into the dance, because ultimately the lively and "right" lifts are always in motion, there is no endpoint to achieve...

In addition to the pleasurable research and learning process, we will also spend a lot of time with free, authentic dancing and nourishing body work.

For participants with experience in CI and the willingness to play with all the different elements and principles of CI while recognizing and questioning movement patterns and finding a new, creative way to deal with them.



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### About Adrian

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 (amongst other things in the field of fascia).

[www.adrianrussi.com](http://www.adrianrussi.com)

2020 במאי 13 - 17

19:00 - 21:30 13.5

10:00 - 17:30 14-16.5

19:00 - 21:30 17.5

בסטודיו של אבשלום פולק, האחים מיסלאויטה 7 תל אביב  
קרוב לרכבת השלום, חניה בשפע.

הרשמה סופר מוזלת לרגל הפסטיבל עד ה - 25.1 :950 ₪

הרשמה מוזלת עד ה - 22.4 :1,050 ₪

אחר כך מחיר מלא: 1,150 ₪

לפרטים והרשמה: רוני פן 050-7705119

[ronipenn1@gmail.com](mailto:ronipenn1@gmail.com)

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