



DANCE IMPROVISATION IN NATURE

Dancing, sensing and observing our environment will be the focus of this weekend. We will explore through somatic awareness the relationship of body and landscape as a connected and direct experience where creative perception can unfold...

This training is open for dancers of all levels, actors, bodywork practitioners, movement/art therapists, and curious individuals looking to deepen their experience of movement, improvisation and embodiment. The training is rooted in the practice of somatic movement, guided improvisation and release technique as a tool for deepening kinesthetic awareness of the body while preparing for more dynamic movement in space and time.

Contact Improvisation will be part of this program in order to focus on the awareness of touch, partnering and experiential anatomy. We learn to support, listen, mobilize, engage through various partnering skills (giving/receiving weight, following points of contact, rolling, etc). The emphasis is on connecting, tuning in and clarifying direction and intention in space rather than acrobatic ability. We also explore the dimension of touch in relation to sensitivity, intimacy and imagination. During this workshop shiatsu and other bodywork modalities might be employed to discover the possibilities of contact as a creative movement form.

Instant composition of body, space and time.

IMPROVISATION is the playing ground of our curious senses where we practice dancing with spontaneity while integrating our technique and skills. As a group we learn to flow with coincidental events, making choice in real time, and appreciate the creation of instant moments. We will practice focusing the improvisation into basic themes such as observation, intention in action, contact, phrasing, dynamic, mediation and timing. At other times, we just let the bodies dance freely and see what constellations emerge. Often we will spend time reflecting through feedback sessions in order to integrate more fully our moving experience.

We will really go for connection with nature, including dancing with the rain if it rains!
So make sure you bring enough (rain)clothing. :-)

We are looking forward!
Kay & Wanda

KAY PATRU (www.kaypatru.net) is a dancer, movement improvisation teacher, choreographer and certified shiatsu therapist based in Amsterdam. His work focuses primarily on developing improvisation and somatic awareness tools designed to awaken the innate intelligence of the body. Kay teaches regularly movement research and somatic awareness classes.

PRACTICALS

Saturday & Sunday 14-15th of May

Saturday starts at 11:00 (welcome from 10:30), Sunday ends at 18:00.

€90,- (€60,- low income)

We will sleep over from Saturday to Sunday.

Dinner will be a potluck... therefore we dropped the price with €10,-!

SIGN IN

We will hand a maximum of 20 participants.

To register, send an email to: info@contactimpro.nl, and you will receive a confirmation email with the registration procedure and further information.

LOCATION

de Buitenschool - Zuidlaarderweg 30 - Glimmen

MORE INFO

www.contactimpro.nl