



GROWING ROOTS TO DANCE

Contact Improv Fundamentals Workshop & JAM

"REPLACE AMBITION WITH CURIOSITY"

~Nancy Stark Smith, key founder of Contact Improvisation



Open to all levels of experience, this workshop focuses on the underlying elements of Contact Improvisation. Together we will develop skills such as kinesthetic awareness, breathing into efficient movement, receptive touch, pouring weight and rolling through a point of contact. We will also explore partnering from a place of curiosity and compassion for ourselves and for one another. The workshop will flow into a Jam for open dancing.

What is Contact Improvisation (CI)?

Contact Improv is a dance form created in the 1970's. It stems from various traditions including Aikido, Capoeira, and post-modern dance. Though also used in performance and choreography, a social gathering for CI is called a JAM (in the same way Jazz musicians get together for a musical improvisation jam.) Following points of physical contact (with other dancers or the space) provides the starting point for exploration through movement improvisation. As an art form and a movement practice, Contact Improv offers a holistic approach to how we understand our bodies-- how we move, feel, think, create, and interact with one another.



Laughing Tree Space
resources for embodied living

**Laughing Tree Space: Resources for Embodied Living
@ the Clarks Green Institute of Vibrant Living**

289 E. Grove Street
Clarks Green, PA 18411
570-561-1626
www.laughingtreespace.com

Facilitated by Lee Fogel (of the Philly Contact Collective) & Sarah Michelle Cutler (of Laughing Tree Space.) Bios on the website.

Wednesday 18 November, 2009
6:30-8:30pm
(&TAMIN' TILL WE'RE DONE)

Suggested donation: \$20 Workshop & JAM
\$10 Jam only (for those familiar with Contact Improvisation) come @8
(no one will be turned away for lack of funds)