

„BEING READY“

an intermediate-advanced course in
Contact Improvisation

Contact Improvisation
5 day intensive training with
Andrew de Lotbinière Harwood



What does it mean to be ready to dance at any time, with anyone, anywhere? There are no set formulas, or specific manners to achieving this state of readiness. There is, however, an attitude and a state of body-mind that can be cultivated which can help bring us to that place of total alertness.

Being completely attentive and always prepared on all levels, will enable us to go beyond thinking our way through the dance, and help us be attuned to what is actually taking place. This full presence also allows us to be freed of the mental chatter, planning ahead, and judgment, which so often override the body's ability to make appropriate split-second choices.

In this way the improvisations can be entirely physical, playful, heartfelt, surprising and enjoyable.

Explored themes will include:

tumbling, flying, use of variable speeds, use of direct action and initiation, resistance, disappearance, subtle and surprising ways of moving weight, flowing through unfamiliar circumstances, extending our personal range of movement, and integrating our imagination and our heart.

Level:

Because of the advanced nature of this workshop, this intensive is for those with a solid grasp of Contact fundamentals and with at least two ongoing years of regular C.I. practice.

Location:

The Move, FABRIK, Habsburgerstr. 9, 79115 Freiburg, Germany

Accommodation:

Is possible in the dancespace (5 Euro/ night)

Teaching time:

Tue. 13th 10 - 5
wed. 14th 10 - 5
thur. 15th 10 - 5
fr. 16th 10 - 5
sat. 17th 10 - 4

Price:

240 / 260 Euro
from on 1 month
before the workshop

Bank:

Benno Enderlein
Netbank,
KoNr.: 8376239,
BLZ: 200 905 00

International:

Benno Enderlein,
Netbank, IBAN:
DE40 2009 0500
0008 3762 39
BIC: GENODEF1S15

Registration/ Information:

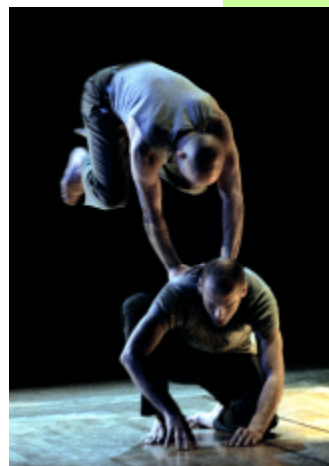
Benno Enderlein, Marie-Curie-Str.
8,
79100 Freiburg, Germany
+49 (0)761 7078533

E-mail:

Bennoenderlein@web.de

Website / Online Registration:

www.dolphin-touch.de



"BEING READY"

5 day intensive training with
Andrew Harwood

For intermediate/advanced level in CI.
The course will be taught in English.

The fee of the workshop is 240 Euro.
Late registration after April 17th
will be 260 Euro

After receiving and proving this application we will send a confirmation of your registration. Please make sure, that your E-Mail address and phone number is available! After you received the confirmation you are legally registered and you are obliged to send the deposit of 100 Euro. If you cancel before April 17th we will retain 30 EUR for our effort. If you cancel later we keep the whole deposit of 100 Euro.

Name

Address

Country/zip/city

Phone

e-mail

dance experience

dance experience

date sign

Participation is at my own risk. I recognize, the organizers and teachers are not liable for any damages and injuries!