

# Contact Improvisation in Berne/Switzerland with Moving Men:



## Subtlety & Impact

Dancing in Trio, Duet and Solo

**Workshop: 31. Oct. & 1. Nov. 09 10.00-16.30**

**Jam: 30. October 09 20.00-22.00**

**Performance: 30. October 09 19.00-19.45**

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

### Subtlety & Impact - Dancing in Trio, Duet and Solo

Foto: Samuel Gratac

#### Contact-Workshop with Moving Men: Adrian Russi, Charlie Morrissey, Jacky Miredin

This workshop will explore ways in which we can move fluidly into and out of connected, centred and multi-directional contact with different moving bodies in space. We will find out how to work with softness and subtlety whilst remaining direct and clear and cultivating a state of readiness for every possibility: pause, action, speed, softness, force etc. Therefore exploring the place between following and leading as well as developing a porous and fluid connection between moving on our own and moving in contact with partners will be important. We will look at technical skills and experiential approaches to different principles including the relationship of body weight to gravity and the experience of momentum in motion.

The work will include solo, partner and trio exploration and we will take time to build a relationship with our partners through listening, offering, following and developing generosity in our dancing.

**The workshop will be detailed, highly physical, playful and fun. Come prepared to dance and with a good base in CI!**

**31. October & 1. November 2009 10.00-16.30**

**Gymhall Weissenheim, Schwarzenburgstrasse 36/38, CH-3008 Bern**

**Fr. 220.- resp. Fr. 200.-** with paying the deposit until 17. October. The registration is valid only with a non refundable deposit of Fr. 60.-.

Payment on: PC 30-92'944-2, Adrian Russi, 3013 Bern

**Charlie Morrissey** (Brighton / GB) has been dancing for 20 years. He works internationally as a teacher, director, performer and researcher and makes site specific and theatre and gallery based performance work of a large and small scale from his base in Brighton, England. His work is informed by long term and ongoing working relationships with Steve Paxton, Lisa Nelson, Scott Smith, K.J.Holmes, Kirstie Simson, Christian Burns, Christoph Lechner, and many others.  
For more information go to: [www.charliemorrissey.com](http://www.charliemorrissey.com)

**Jacky Miredin** (Rome) is currently working as a choreographer, teacher and performer. He has been taken part in different festivals in Europe. His aim is to create a space where dancers can express and develop their capacity as movers and performers. Contact improvisation and improvisation are the main tools use for that purpose. He has been inspired in his research by masters such as Kirstie Simson with whom he's performing on quite of a regular basis, Julyen Hamilton, K.J. Holmes, Ray Chung... just to name a few of them.  
For more information go to: [www.jeanhuguesmiredin.com](http://www.jeanhuguesmiredin.com)

**Adrian Russi** (Berne) is involved intensively in New-Dance/Contact-Improvisation, martial-art/energetic-work and bodywork since 20 years. Study of New Dance at „bewegungs-art“ in Freiburg/Germany with the focus on Free Improvisation. Study of Craniosacral-Bodywork with Eva Ficzo in Freiburg/Germany. Performing und teaching regularly in Switzerland and abroad. Influenced by different teachers, among them Steve Paxton, Nancy Stark Smith, Andrew Harwood and Lilo Stahl.  
For more information go to: [www.adrianrussi.com](http://www.adrianrussi.com)

**Registration: Adrian Russi CH-3013 Bern [adrian.russi@bluewin.ch](mailto:adrian.russi@bluewin.ch) +41-31-332'50'06 or +41-79-600'87'80**

#### Jam & Performance at Friday 30. October:

**Atelier Createe**, Mühlenplatz 15, CH-3011 Bern (**Attention**, another place than the workshop)

**Moving Men in Performance: 19.00-19.45 / Fr. 10.-**

**Jam: 20.00-22.00 / Fr. 10.-**

**Live-Percussion: [Xavier Fassion](http://www.xavierfassion.fr) ([www.xavierfassion.fr](http://www.xavierfassion.fr))**