



SCHEDULE 2019

INTENSIVES

MICHELLE BOULE – Art Healing Making Doing Being

Somatics and healing systems have always been an integral component to Michelle's artistic and physical practices. This workshop weaves these interests together by setting up frameworks for personal transformation and artistic growth. We'll work rhythm, performance practices, aesthetic enlivening, group healing, and the motto that "community is our teacher."

MAYFIELD BROOKS – Improvising While Black

This workshop is inspired by mayfield's ongoing and life long project and movement practice, Improvising While Black (IWB). What happens when Contact Improvisation becomes about how much one must care and heal oneself? What happens when touching oneself is just as important as touching another body? What if a body or bodies refuses touch, weight, or gravity? Raise the stakes of the dance or just drop the mic and let it go. Lay your body down. Come to the dance as you are. We come to each other in the same way—without pretense, assumption or expectations—just being together. For more on IWB go to this link. <https://contactquarterly.com/cq/article-gallery/view/iwbimprovising-while-black>.

BRENTON CHENG – Thunder in a Tiny Sky

Beneath the persistent, demanding, irresistible physical reality of a contact dance is a secret, hidden world of body connectivity, wired and rewired through endlessly cycling animal patterns, building on reflexes into total body action. Therein lies the informed study of contact fundamentals: rooted in principles, expanded via patterns, integrated through practice.

HEATHER KRAVAS – Labor, Structure, Desire

A conversation between language, movement and each other, this class is an invitation to explore the emotional and dynamic edges of rigorous physical states and durational activities.

RAPHAEL XAVIER – Ground-Core: Movement Deciphered

Ground-Core allows each participant to identify and strengthen his/her own core, and gain an awareness of how it shifts and moves throughout space. Breaking vocabulary is deconstructed and approached from inside out, making this movement accessible to any body type. GC gives movers a better understanding of the body in all dance forms.

DROP-INS

AVID – Contact Improvisation

AVID is: Scott Davis, Aiko Kinoshita, Rachael Lincoln, Aaron Swartzman, and Tamin Totzke. They have performed their politically motivated work GREAT AGAIN at SIDF, and continue to work together in improvisation and performance today.

SHERI COHEN – Feldenkrais® and the Dancing Imagination

Sense / Move / Reflect / Intend / Delay / Create / Interrelate

DIVERSE DIVINERS – Start where you are

Calling beings of all identity, ability & humanity celebrating embodied connection and current expression. Our class includes deepening into sensing, perception, creation, composition + communication. All levels and modes of mobility welcome.

EMMA HRELJANOVIC – Contact Improvisation: Curiosity and Play

Emma Hreljanovic's Contact Improvisation drop-in class will offer a space to slosh, slice, and, as Nita Little says, "move and be moved" through conversation and practice. Contact improvisation offers us physical information, like force and weight, as well as sensory information, like fear and excitement.

RYUTA IWASHITA – <Slow down and be alive>

Changes take time. Authenticity takes time. In this class, we will slow down our lives and allow generosity of time and space to be present with our movement as we go back and forth of our infancy and adulthood with the power of magic.

EZRA LEBANK – Falling Upward

Aikido, acrobatics, and contact improvisation principles merge as we explore the creative science of moving floorward. Once we make the floor our ally, we can begin falling upward to discover the open and friendly skies!

TONYA LOCKYER – Creative Process

Tonya Lockyer has taught inter/nationally with a focus on her research at the intersections of performance, embodiment and social action. Lockyer is an Affiliated Faculty Member of Cornish College of the Arts since 2001. She has taught Art & Social Justice, Interdisciplinary Collaboration, Movement Analysis, Somatics; as well as Dance Technique, Choreography, Improvisation, History, and Choreographic Culture since 1960.

NEVE MAZIQUE-BIANCO – Emotional Contact

Emotional Contact is a Mazique Technique for being present for the dance. This class is a Theatre of the Oppressed, Physical Theatre, and Brecht informed, modern influenced, access-centred take on contact improvisation for groups, pairs, and solos! Emotions are fleeting, but they matter nonetheless. Like improvisational dance, let's really feel and trust the choices we are making in the moment.

ELIA MRAK – The Spirit of Dance

This is a class based in the practice of improvisation. We begin with Qi-gong to harness our potential energy through movements that stimulate the fire and the water inside our bodies. We then bring this potential energy into movement through the space, and in and out of the floor.

PEGGY PIACENZA – Chaos-Presence-Magic

Interrupting habitual habits, acting out our impulses, striving to create a way of 'knowing' through our bodies, seeing clearly in the midst of chaos, uncovering magic in the moment. . . we will consider all of the above through a movement score that will include the use of props, text, and movement.

AMELIA REEBER – Hub and Vibe

Accessing specific bones and soft tissue connections, we'll experiment with physical and energetic relationships to observe concepts of stable change, flexibility & stability, and to center ourselves with dimensionality and integrity. We will attune, through voice and stillness, to our spiritual vibration and rhythm, giving rise to dynamic form.

OLIVIA SHAFFER – Surfacing Layers

We will explore how we can "invite" rather than "insist" in a CI dance: the more body surface we provide the more outcomes become possible. As opposed to manhandling our partner, we explore atypical surface area to stack-on or pour-in to enjoy an effortless, consensual ride.

CAROLYN STUART – A Contact Improvisation Playpen: To lounge and leverage for mutual benefit

Everything is relational. Contact Improvisation is relational medicine. You are the one. We are the One. We'll use CI to embody mutual well-being. The point of contact is our dance floor. How can we lounge and leverage, on the dance floor, to serve this one and only present moment, that we share!?

MON JUL 29

TUES JUL 30

WED JUL 31

THURS AUG 1

FRI AUG 2

SAT AUG 3

7:30-8:30AM / Early Morning Contemplative Dance Practice (Kawasaki)

9-11AM

FOUNDERS	RAPHAEL XAVIER Ground-Core: Movement Deciphered		DAY OF DANCE INNOVATORS IN PERFORMANCE + CONVERSATION	MAYFIELD BROOKS Improvising While Black			
	RYUTA IWASHITA <Slow down and be alive>	RYUTA IWASHITA <Slow down and be alive>			BRENTON CHENG Thunder in a Tiny Sky	EZRA LEBANK Falling Upward	AVID Contact Improvisation
	PEGGY PIACENZA Chaos-Presence-Magic	HEATHER KRAVAS Labor, Structure, Desire			AMELIA REEBER Hub and Vibe	MICHELLE BOULÉ Art Healing Making Doing Being	TONYA LOCKYER Creative Process

11:30AM-1:45PM

FOUNDERS	MAYFIELD BROOKS Improvising While Black		EXTENDED WEDNESDAY MIDDAY INTENSIVES: 11:30AM-5:15PM	
	MICHELLE BOULÉ Art Healing Making Doing Being			
	HEATHER KRAVAS Labor, Structure, Desire			

3:15-5:15PM

FOUNDERS	BRENTON CHENG Thunder in a Tiny Sky		EXTENDED WEDNESDAY MIDDAY INTENSIVES: 11:30AM-5:15PM	BRENTON CHENG Thunder in a Tiny Sky		
	OLIVIA SHAFFER Surfacing Layers	NEVE MAZIQUE-BIANCO Emotional Contact			SHERI COHEN Feldenkrais® and the Dancing Imagination	DIVERSE DIVINERS Start where you are
	ELIA MRAK Flying Low	EMMA HRELJANOVIC Curiosity and Play			RYUTA IWASHITA <Slow down and be alive>	CAROLYN STUART CI Playpen – Lounge + Leverage for Mutual Benefit

5:30-11PM

	6-8:30PM / LIGHTNING TALKS + ROUND-TABLE			5:30-6:30PM / UNDERSCORE TALK WITH KATHERINE COOK	5:30-6:30PM / PARTICIPANT PERFORMANCE
7-11PM / JAM + OPEN SPACE	8:30-11PM / JAM + OPEN SPACE	7-11PM / JAM + OPEN SPACE	7-11PM / JAM + OPEN SPACE	7:30-11PM / UNDERSCORE	8:30PM-12AM / JAM + OPEN SPACE