

SEATTLE FESTIVAL OF DANCE IMPROVISATION 2015					SCHEDULE SUBJECT TO CHANGE	SUNDAY, JULY 26 SUNDAY, AUG 2 MONDAY, AUG 3	REGISTRATION 6-7pm at Velocity // OPENING CIRCLE 7pm in Founders // OPENING JAM 8-10pm in Founders CLOSING JAM 10am-1pm in Founders // CLOSING CIRCLE 1pm in Founders // POTLUCK 2:30pm at Madrona Park Beach OPEN FORUM + LAB 9am- 5:30pm at Velocity					
9:00-11:00 am Lobby Kawasaki Founders Century	MONDAY, JULY 27		TUESDAY, JULY 28		WEDNESDAY, JULY 29		THURSDAY, JULY 30	FRIDAY, JULY 31		SATURDAY, AUG 1		
	7:30 - 8:30 am CONTEMPLATIVE DANCE PRACTICE (CDP) Kawasaki								7:30 - 8:30 am CDP Kawasaki			
	MORNING SOMATIC INTENSIVE (no drop-ins) Feldenkrais Workshop for Dancers / Jimena Paz The Feldenkrais Method® studies the work of our nervous system and our ability to recognize and create movement patterns that are both more efficient and more pleasant. The method emphasizes awareness, distribution of effort/action through the whole self, expanding self-perception and our ability to carry out our intentions. This class is ideal for dancers and people from different backgrounds interested in discovering more about their physicality in a pain-free way and enjoying a larger sense of well-being.								MORNING SOMATIC INTENSIVE (no drop-ins) Feldenkrais Workshop for Dancers / Jimena Paz		Diversity in Dancing: Start Where You Are / Karen Nelson with Corrie Befort We invite movers of all abilities to explore, share and enjoy their unique physical languages. We offer scores and skills to deepen connection to our bodies' current expression, bringing that to partners and the group.	
	Satellite-ing / Onye Ozuzu Satellite-ing is a duet between a soloist and a circle of people. What does the group allow in the one? What does the one allow in the group? This work will engage the frameworks that support group improvisation with a shifting soloist as focal point.		common/SENSE movement / Joy Davis Counterterchnique, developed by Anouk van Dijk, provides dancers a way to continuously direct and counter-direct the weight of the body through space. Illuminate possibilities for attentive presence, dynamic balance, anatomical availability, and big wide smiles.		Logomotion / Nóra Hajós Dive into Simone Forti's improvisational dance/narrative form, in which movement and language spontaneously weave together to explore thoughts and feelings about the world. Experience Logomotion in its' authentic form.		Dancing the Systems and Scores of Local Urban Ecologies / Jennifer Monson		Fall, Engulf, Deliver / Sarah Gamblin Foster awareness of the physical, emotional, and composing body as a tool for improvised performance. Explore independent and connected journeys of body weights, vocal techniques and practice reading emergent narratives as they arise in our bodies.		The Being / Onye Ozuzu Being work is a performance score for improvised character study. A group collaborates on an image of collective being-ness and acts on it. Practical problem solving focuses and grounds the exploration. Where IS the sensation of being? Can our being remember?	
	Porous Skin + Eye Aperture / Matt Drews A deep dancing conversation to engage surface with intangible states. We will nourish our most expansive sense organ and hone into techniques to refresh our vision.		Storage and Retrieval / Katherine Cook Our bodies automatically store, transform, and release physical and emotional energy. How do we access this rich material? Working in solo and duet forms, we will explore our bodies' storage and retrieval systems. Come ready to dance hard and discuss deeply.		Intro to CI: Fluid Architectures / Ronja Ver Work toward a constant availability for movement and bearing weight, through re-aligning our structures between any points of contact. Investigate the stability and mobility of the architectures we create, and build our readiness to improvise in the three dimensional spherical space.				Butch Queen, Fem Queen and Vogue Performance / Dani Tirrell We will use Vogue Fem and improv to explore our ideas of what is feminine/masculine. Runway, Dramatics, Hand performance and posing will be incorporated. Please bring heels to Vogue in (optional).		Integrative Alexander Technique Practice for Dancers / Cathy Madden Bring your moving and choreographic needs to this interactive clinic to get practical keys to taking your skills to the next level and liberate your creativity.	
MORNING SITE-SPECIFIC INTENSIVE (no drop-ins) Dancing the Systems and Scores of Local Urban Ecologies / Jennifer Monson In this immersive workshop we will explore how we use dance as a research tool to understand the patterns and systems of the environments we inhabit. In turn we will investigate the ways in which our experience of dancing in the urban environment influences our choreographic choices. Participants will create their own processes and scores as well as be introduced to the methodologies and systems Monson has developed. The work of each day will develop and build into a culminating event/ performance for each participant. Optional night and dawn walks will provide alternative ways of orienting our sense of place. This work builds concentration, resilience and adaptability, and understands the dancing body as a highly specialized perceptual apparatus. From this, experimental choreographic possibilities emerge and persist.								MORNING SITE-SPECIFIC INTENSIVE (no drop-ins) Dancing the Systems and Scores of Local Urban Ecologies / Jennifer Monson		MORNING SITE-SPECIFIC INTENSIVE + Public participation and observation (FREE + open to all)		
MID-DAY INTENSIVES 11:30 am - 1:45 pm except WED + THURS (no drop-ins)												
Century: <b>AWKWARDNESS, FAILURE, AND REDEMPTION: ADVENTURES IN CONTACT IMPROVISATION // Andrew de Lotbinière Harwood</b> The freedom contact improvisation offers doesn't come without the courage to accept the ever-present making-a-fool quality, and willingly turn even the most awkward circumstances into brilliant creative adventures. We will seek to reinvigorate the form and challenge ourselves to embrace all aspects of the dancing even when it seems clumsy or strange. A strong grasp of contact is essential.												
Founders: <b>THE PRACTICE OF FORM// Ralph Lemon</b> Investigate how a daily personal practice and creative process inform an outcome and form; and how, through an open and guided discussion, the nature of form holds infinite possibilities of meaning.												
Kawasaki: <b>COMMON/SENSE MOVEMENT // Joy Davis</b> Counterterchnique, developed by Anouk van Dijk, provides dancers a way to continuously direct and counter-direct the weight of the body through space. Illuminate possibilities for attentive presence, dynamic balance, anatomical availability, and big wide smiles.												
3:15 - 5:15 pm Kawasaki Founders Century	The Practice of Form / Ralph Lemon Investigate how a daily personal practice and creative process inform an outcome and form; and how, through an open and guided discussion, the nature of form holds infinite possibilities of meaning.		When I ... I ... After that I / Onye Ozuzu Movement, sound and language, woven as fabric, easy as a delicate summer scarf, or thick and complex as a rug or tapestry is the focus here....rhythm, poly rhythm, rhythm as environment, as memory, as context for discourse.		EXTENDED INTENSIVE CLASSES 11:30 am - 5:15 pm (no drop-ins)		Adevntures in CI / Andrew de Lotbinière Harwood The freedom CI offers doesn't come without the courage to accept the ever-present making-a-fool quality, and willingly turn even the most awkward circumstances into brilliant creative adventures. A strong grasp of contact is essential.		Feldenkrais Workshop for Dancers / Jimena Paz The Feldenkrais Method® creates movement patterns that are more efficient and pleasant. It emphasizes awareness, distribution of effort/action through the whole self, expanding our self-perception.			
	Outside Air, Inside Body / Michal Lahav Get your shoes on, for you'll soon be taking them off – in Volunteer Park! Explore the part of contact that is not intellectual- that responds and makes choices with the environment stemming from the language of the body, bringing the fresh air and sounds of natural life into our cells.		Raising Hell / Jessica Jobaris Plays with polarity themes of brutality/mercy, satisfaction/the impossible, and savage/sophistication. Raising Hell is a practice in presence and influencing your experience consciously, playfully, through continuous movement, the voice and the soma. We discover our impulses, both free and bound.				Tuning Scores: Composition, Communication, and the Sense of Imagination / Nóra Hajós Get a glimpse into Lisa Nelson's approach to spontaneous ensemble composition and performance. Use your senses to shift into action, engaging the body as a container and generator of imagery.		Listen / Scott Davis This class will examine how, in our CI dances, we tune our bodies to one another like we tune-in to music. In addition to the focus on listening, this class will explore the relationship between spaciousness and stillness and spaciousness and silence.			
	AFTERNOON INTRO TO CI INTENSIVE (no drop-ins) Fluid Architectures / Ronja Ver Fluid architectures appear in the physical state between tension and relaxation, where the joints are open to move within their full range, and the body is optimally using the support of gravity to stay both grounded and light at the same time. Work toward a constant availability for movement and bearing weight, through re-aligning our structures between any points of contact. We will move from solos to duets to trios, investigating the stability and mobility of the architectures we create, and build our readiness to improvise in the three dimensional spherical space.						AFTERNOON INTRO TO CI INTENSIVE (no drop-ins) Contact Improvisation: Fluid Architectures / Ronja Ver					
EVENING EVENTS	7-11pm / Jam and Open Space Founders + Kawasaki + Steward		7-11pm / Jam and Open Space Founders + Kawasaki + Steward  9pm / Night Walk with Jennifer Monson Velocity Lobby		6-8:30pm / PANEL: Lightning Talks + Round-Table Founders  8:30pm-12am / Jam and Open Space Founders + Kawasaki + Steward		8pm / Dance Innovators in Performance BPH  10-11:30pm / Jam and Open Space Founders + Kawasaki + Steward		2:15-3pm / Post-Show Talk Steward  5:30-6:30pm / Underscore Talk with Katherine Cook Founders  7:30-11pm / Underscore Century Ballroom		7:30pm / Participant Performance Founders  9:30pm / Post-Show Talk Steward  9:30-11pm / Jam and Open Space Founders + Kawasaki	
	REGISTRATION + INFO >> VELOCITYDANCECENTER.ORG/SFDI VELOCITY DANCE CENTER // 1621 12TH AVE // SEATTLE, WA // 206.325.8773 CENTURY BALLROOM // 915 E PINE ST // SEATTLE, WA											