



times

fee

your

the

will be

Monday:

6:00 - 9:00 pm

Tuesday - Thursday:

10:00 am - 5:00 pm

Friday:

9:00 am - 4:00 pm

of the workshop is **200 Euro**.

Early registration, till July 20th, will be 180 Euro.

registration is only valid with a deposit of 50 Euro or the whole fee. If you cancel your registration, we will keep the whole deposit.

workshop is available for dancers with **experience** in Contact Improvisation.

Stephanie Maher



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The fee of the workshop is 200 Euro. Early registration, till July 20th, will be 180 Euro. Your registration is only valid with a deposit of 50 Euro or the whole fee. If you cancel your registration, we will keep the deposit.

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

.....
date sign

UIDE
SPECTRUM

Workshop for Contact Improvisation

9. - 13. August 2004
Freiburg im Breisgau/Germany

Stephanie Maher

Stephanie Maher is a dancer, choreographer, improviser and teacher. She spent 10 years in San Francisco after her New York modern/classical training (BA in Dance SUNY Purchase) studying deeper and wilder the many forms of multi-disciplinary forms of motion, improvisation, the voice and image making in performance and community based art. For five years she was a choreographic collaborator with the Margaret Jenkins Dance Co. She co-founded COLLUSION (1997) with Kathleen Hermesdorf and CORE (1995) with Jess Curtis and others. She relocated to Berlin in 98 to her home based k77 studios and continues to teach, develop and organize the Ponderosa Tanz/Land festival with mostly SF based artists in the countryside at Stolzenhagen. She has created/collaborated and performed works with Kathleen Hermesdorf, Ka Rustler, Jess Curtis, Ray Chung, David Hurwith, Sten Rudstrom, Stina K. Bolman, KJ Holmes and Howard Katz Fireheart. Improvisation lies at the heart of her work. Bringing a body based approach to express an intimacy, sensitivity and a wild humor to her choreographies. As a teacher she works across the US and Europe. Technically she has been highly influenced by the teaching of Susan Klein and Barbara Mahler and radically by her long history of mixing action, art and politics from her 848 community space history.

WIDE SPECTRUM

Workshop for
Contact Improvisation

Working technically with ideas of simplicity,
softening, breathing into moving.

Finding the correspondence between emptying
the body and the best moments to refill
the body.

We will invest time for clear alignment practices and more efficient ways of
carrying and lifting our partners body and
limbs.

Learning to collapse the body to save time,
energy and as a quick safty measure in
moments of falling.

Extension is used to expand ourselves from the inside to connect with the
space and beyond our partners size and
weight.

We will lengthen the bones, open the
joints, tune the mind in this dialogue used for
sudden reflexes.

We will WORK on doing less, finding the still
point so we can fly and unweight more
easily.

Lastly we will break down how to invert,
conquer our upside down fears and
ease into the chaos of three dimensionality in
space and in our senses.

registration form

.....
name

.....
address

.....
city/state/country/zip

.....
phone/mobil

.....
email

I need accommodation in a studio in the
city, and will pay 5 Euro per night.

WIDE SPECTRUM

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