

Andrew de Lotbinière Harwood

is the artistic director of *AH HA Productions*, a project-oriented company based in Montreal which focuses on improvisation as a performing art. Harwood has been creating dances, improvising, teaching and performing at home and abroad for 30 years. He has gained an international reputation as an outstanding teacher in the field of improvisation, most notably in Contact Improvisation. His works has been presented in numerous international festivals since 1980 (*The Improvisation Festival* in New York, *The Bates Dance Festival* in Maine, *Festival Bühnenwerkstatt* in Graz, *Festival La Biennale* in Venice, *Festival de nouvelle danse* in Montreal, *Impulstanz Festival* in Vienna, *Festival Montpellier*, *Canada Dance Festival* in Ottawa, *Festival Les Antipodes* in Brest...). He has danced with the companies of Fulcrum, Jo Lechay, Marie Chouinard and Jean-Pierre Perreault and has performed with Steve Paxton, Nancy Stark Smith, Peter Bingham, Chris Aiken, Kirstie Simson, Marc Boivin, Julyen Hamilton, Benoît Lachambre and many others. His piece for ten men entitled *Ani*mâles* was co-produced by *Danse-Cité* in November 2002 and was presented to critical acclaim at the Monument National in Montreal. His new piece *The Five Movements* was produced in Montreal in February 2005 at the Société des arts technologiques. It brought together 17 artists including renowned Canadian choreographers and performers Ginette Laurin, Marc Béland, Pierre-Paul Savoie, Lin Snelling and Louise Bédard.

Judit Keri

is a Hungarian actor, dancer and an experienced english and german speaking teacher in dance, theatre, yoga and meditation since 1996. She finished her education in Hungary and studied in a number of major European cities (Amsterdam at *SNDO*, Vienna at *ImpulsTanz*, Paris, Stockholm, Tel Aviv) with the following teachers : Katie Duck, Martin Keogh, Kirstie Simson, Andrew de L. Harwood, Ray Chung, Frey Faust, Kurt Koegel, Chris Aiken, Cirus Chambatta, Keith Hennesey, Dieter Heitkamp, Carol Swann, Arie Burstein and Diane Elliot. She participated in various festivals and seminars such as: *Nordic Improv Meeting* in Helsinki, *Contact Festival Israel*, *Contact Budapest*, *ECITE* at Findhorn, *From Jamming to Performing* in Sweden, *Contact and Therapy* in Israel and the *New York Improvisation Festival*. She has been teaching children, young adults, adults, older people and handicapped people in Hungary, Vienna, Italy, at Movendy in Amsterdam, Royal Conservatory in Den Hague, and Susan Dalal Center in Tel Aviv, among other places. She co-organized the Budapest Contact Festival 2004 and the Sonic Acts Festival at Paradiso in Amsterdam 2001. She has performed *Send me Sinking* by Kristof Persin (Amsterdam 2002), *Bear is Bear* with Aviv Ivgi (Tel Aviv 2004), a *site-specific solo* at the Dead Sea (Israel 2004) with Andrew Harwood, Chris Aiken and Patricia Kuypers (Brussels 2005), with Andrew Harwood at the Contact Festival in Orvieto, Italy in 2005, and in various street performances in Helsinki, Budapest and Stockholm.

EMPTYING, LANDING, SOARING

An intensive Improvisation/Contact Improvisation workshop with Andrew de Lotbinière Harwood and Judit Kéri focusing on

gravity/levity
relaxation/activity,
center/periphery,
the spine and the senses.

We begin by arriving in the space physically, emotionally and mentally, alone, in pairs and collectively. To be ready for the present moment, we empty ourselves so that we can learn and receive, explore and experience, give and take. We build a connection with our body on a deeper level, we let go and relax fully into a spacious sense of time which allows for various activities to come into play, we explore gravity and the inner energy which comes from our center and moves through our whole body right to the periphery.

We will spend special attention to the relationship of the head/tail connection and strengthen the relationship of the center to the extremities of the body so that our take-offs and landings and our travelling through space are all brave, smooth and safe. Breath, relaxation and letting go is directly connected to being grounded and centered while moving dynamically.

Each day we will practice a specific Contact skill and work with enlivening the senses so that we can be really open to finding immediate creative solutions. Tuning, toning and enlivening our entire being, creates a state of readiness which leads us to fuller, vibrant, connected dancing. We can then enjoy the richness of our dancing alone, in pairs and as a group. We will also have opportunities to perform for each other, to view, discuss and share the work at hand.



Registration Form

EMPTYING, LANDING, SOARING

taught by Andrew de Lotbinière Harwood and Judit Kéri
29th July – 3rd August 2006

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

The fee of the workshop is 290 EUR.
Early registration, till June 29th, will be 260 EUR.

Your registration is legally valid upon receipt of a deposit of 100 EUR (or full price 290/260 EUR). If you cancel before June 29th we will retain 30 EUR for our effort. If you cancel later we keep the whole deposit of 100 EUR.

We can help to organize housing in Freiburg (for about 5/10 EUR per night). Give us a call if you need help.

name

address

city/state/country/zip

home phone

work phone

email

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

date/sign

