

Experience in dance and CI:

BEING IN THE BODY

Intensive workshop in Contact Improvisation
taught by Sara Shelton Mann

21st – 26th July 2007

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

The fee of the workshop is 270 Euro.
Early registration, till 24th of June 07, will be 240 Euro.

After receiving and proofing this application we will send a
confirmation of your registration

**Please make sure, that your E-Mail address and phone
number is available!**

After you received the confirmation you are legally regis-
tered and you are obliged to send the deposit of 100 Euro
(or full price 270/240 EUR) to our account. If you cancel
before June 24th 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 10
EUR per night). Give us a call if you need help.

mail to:

Benno Enderlein | Marie-Curie-Str. 8 | D-79100 Freiburg

phone:

Benno Enderlein		0049 - (0)761 - 7 07 85 33
Eckhard Müller	France	0033 - (0)3 - 88 36 18 60
Barbara Stahlberger	mobile	0049 - (0)178 - 6 07 36 73

email: workshop@contactfestival.de

account:	Benno Enderlein	KoNr 25 12 65 05
bank:	Volksbank Freiburg	BLZ 680 900 00
swift code:	BIC: GENODE61FR1	
	IBAN: DE44 6809 0000 0025 1265 05	

design: B. Stahlberger, photos given by S. Mann

CONTACT IMPROVISATION

2007

21. – 26. July

in Freiburg/Germany



Sara Shelton Mann
BEING IN THE BODY

Times will be Saturday: 1 - 4 pm
Sunday - Thursday: 10 am - 4.30 pm
about 1,5h break

Intensive workshop in Contact Improvisation

Sara Shelton Mann



Sara Shelton Mann has developed interdisciplinary teaching and performance methods that work with the person as the vehicle of transformation. Her process has come from personal research and through her work with Bonnie Bainbridge Cohen, Hameed Ali, Ellen Fishburn, Contact Improvisation, Jackie Dennis, Qi Qong, and chi cultivation techniques.

Sara fell in love with Contact Improvisation while creating work in Halifax, Nova Scotia. She trained and performed with Andrew Harwood, studied with Nancy Stark Smith, team taught and performed with Kirstie Simpson, and studied, taught and performed with Mangrove for several years.

Contact became the essential ingredient and philosophy of all of Sara's work in her interdisciplinary training ground and her company Contraband.

She also spent years creating a bridge between trained professional dancers and contact improviser developing a new language that influenced the work in the Bay Area. Over the years she has found a bridge from contact into states and performance presence that brings performers to another level of skill and consciousness.

BEING IN THE BODY

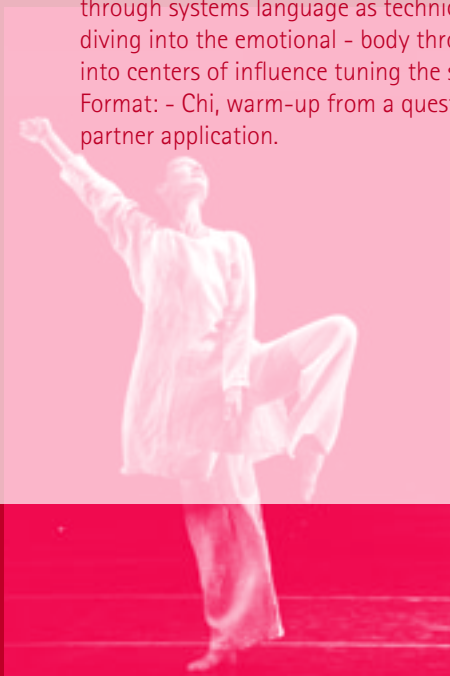
Intensive workshop in Contact Improvisation

This workshop will begin by energizing the physical/non-physical centers as a basic premise. We will move into improvisational warm up based on theory and questions.

The overall practice will include, floor solo, duet, and partnering. Contents will cover states and systems, what if's, increasing your intention and focus, clarity, joy, presence, power and light. We will spend time finding original and personal means of practicing physical/technical questions (how your responses work and the play of increasing your flexibility in choices).

Physically we will cover the limbs, torso, pelvis, lots of hand and use of, head, falling and floating, different weight grounds, and visual, auditory, and sensing redirection. You will get a chance to explore the emotional body routes, boundaries, what motivates you, how to follow through, redirect your focus and stay in your body.

We will possibly also explore some interdisciplinary crossover. I will teach you several short chi forms that will increase your energy, power and longevity. Chi Cultivation/Clarifying you and space/dissolving boundaries into states through systems language as technical improvisation/diving into the emotional - body through touch/breathing into centers of influence tuning the subtle bodies. Format: - Chi, warm-up from a question, solo, duet and partner application.



Application form

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_____ name

_____ address

_____ city/state/country/zip

_____ home phone

_____ work phone

_____ email

_____ date sign

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