



K.J. Holmes

K.J. Holmes is an independent dance artist based in Brooklyn NY who has been exploring improvisation as process and performance since 1981.

She teaches, choreographs and performs at festivals, universities and venues throughout the world, as a soloist and in her collaborations

with artists such as Simone Forti, Image Lab (Lisa Nelson, Karen Nelson and Scott Smith) and in the work of Steve Paxton.

Her influences include Contact Improvisation, Body-Mind Centering (r), Yoga (certified teacher 2007), Authentic movement, Ideokinesis, Alexander and Feldenkrais techniques, Martial Dance, world vocal studies and contemporary dance and theater.

A 1999 graduate of the School for Body-Mind Centering, K.J. is adjunct faculty at New York University Experimental Theater Wing/ongoing teacher Movement Research NYC/has a private practice in Dynamic Alignment and Reintegration/ and is currently studying Sanford Meisner acting technique at the William Esper Studio in NYC as well as developing an evening length piece entitled.

This is where we are (or take arms against a sea of troubles) which looks at where the body and language meet.

Contact Improvisation: Performance as Exposure

Intensive workshop in Contact Improvisation

The training of contact improvisation is a physical practice that includes increasing range of motion, awakening awareness and clarifying intention.

We learn through kinetic feedback with another as well as through exploring different patterns of movement and how all of our senses lead us into dancing.

Preparing to perform requires more than awareness, it asks us to be seen and to see. In this workshop, we will focus on meeting truthfully and directly the unexpected.

Contact Improvisation will be our entrance into the physicality of our images and applications of Body Mind Centering® will fine tune us to the mechanics of our instruments - our bodies. Weight, mass and breath become movement, become landscape, become story, become question, become idea.

We will play with heightening our senses and perceptions, amplifying our awareness to expose more of our interior, making the invisible visible to play with time and space.

Witnessing, reading, writing and the voice will be used to further engage and enliven our imaginations and for discovering new challenges and risks.

How do we ready ourselves for performing and who is the being in the body?

Application form

CI - Performance as Exposure

Intensive workshop in CI taught by K.J. Holmes

12th - 16th August 2008

For **intermediate/advanced** level in CI.

The course will be taught in English.

The fee of the workshop is 250 Euro.

Early registration, till 15th of July 08, will be **220 Euro**.

You can also register over Internet!

After receiving this application we will send a confirmation of your application **by email** to you. You will get the registration receipt separately after we proofed your application. **Please make sure, that your email address and phone number is available!**

After you received the registration receipt the registration will be valid and obliged to send the full workshop fee. We should receive the deposit of 100 Euro (or full price 250/220 EUR) latest 2 weeks after you received the registration receipt. If you cancel before July 15th we will retain 30 EUR for our effort. If you cancel later we keep the whole deposit of 100 EUR.

name

address

city/state/country/zip

home phone

work phone/mobile

email

date

sign

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

