

THOMAS KAMPE

(UK/GER)

THE ART OF MAKING CHOICES

The Feldenkrais Method and Contact Improvisation



Photo: Alden Kelly, Danone; Catherine Tucker, Thomas Kampe

14. - 18. August 13
post festival workshop

post festival workshop



Photo: Douglas Cape

14. - 18. August 13

THE ART OF MAKING CHOICES

The Feldenkrais Method and CI

During this 5 day long workshop we will explore a dance-ecology inherent in The Feldenkrais Method (FM) as resource for Contact Improvisation.

The Feldenkrais Method is understood as a playful embodied process of assisted enquiry, concerned with questions regarding agency, empathy, choice making and self-construction through creative interaction with the world. FM makes use of two approaches, 'Awareness through Movement®' (ATM) and 'Functional Integration®' (FI) to facilitate conditions from which 'awareness' and possibilities for new ways of moving can be cultivated. This is achieved through non-corrective, pleasurable and structured inquiries in empathic, improvisational dialogues, which will be used as kinaesthetic-tuning-scores to lead us into expansive, skillful and daring dance processes. The Feldenkrais Method offers a gentle and organic movement practice, which encourages the mover to access and explore a multi-directional and polycentric movement range, always in relation to a dynamic and social environment. This workshop will focus on investigating how modalities, questions and strategies found in FM can facilitate a heightened sensory awareness and skills base in our shared dance practice.

for intermediate and advanced Contacters



THOMAS KAMPE^(UK/GER) has worked with dance, theatre, and movement for the last 30 years. He worked as performer, choreographer and director in Germany and Britain, and works as Senior Lecturer for Movement for Actors at Bath Spa University. Thomas has taught somatic approaches towards movement education, theatre, and Contact Improvisation in different settings around the world. Works have included solo performances featured in galleries and theatre spaces, international collaborations with dance and theatre companies, installation work with artist Laura Belem

in Sao Paulo, Brazil, and a site-specific choreography with a cast of 150 performers (plus one dog!) in St. Pauli Stadium in Hamburg, Germany. He choreographed and designed an acclaimed recreation of 'Dybbuk' for Pascal Theatre Company, which was presented in New York City in August 2010. In 2012 he co-directed the trans-disciplinary performance research project 'The Mill' with 'BlackholeFactory', Braunschweig, and directed 'The Secret Listeners', a large scale site-specific event in London. Thomas is a qualified teacher of the Feldenkrais Method®, which forms a foundation for his teaching of dance and movement. He recently completed his Phd 'The Art of Making Choices - The Feldenkrais Method as a choreographic resource'.

Workshop fee:

280€, 250€ early bird till July 14th

Schedule: We - Su 10am - 5pm, ~1,5h break

Contact person for the **post**workshop is:

Benno Enderlein: postworkshop@contactfestival.de

Registration over Internet: www.contactfestival.de/WS/workshop.html

international
contact festival freiburg