

SARA MANN

SHELTON

international
contact
festival
freiburg



OPENING TO THE
FIELD OF CREATIVE
OWNERSHIP

Both Photos are from: Robbie Sweeny; Dancer: Sara S. Mann, Jesse Hewit

DANCE AS A
VEHICLE OF THE
IMAGINATION

BUILDING BRIDGES
THROUGH
IMPROVISATION

prefestival
workshop
4.-8. August 14

prefestival workshop

4.-8. August 14

OPENING TO THE FIELD OF CREATIVE OWNERSHIP DANCE AS A VEHICLE OF THE IMAGINATION BUILDING BRIDGES THROUGH IMPROVISATION

the windows of perceptual information into movement exploration. We will do performative research with an inter-disciplinary approach as well as explore energetic states of being that both inform and acknowledge your magic and wisdom. Improvisation will be the medium through which we explore. Using exercises that create exchange of roles, scenarios, time frames and spacial constructs, we will engage the muscles of imagination to build pictures and bridges, create stories and erase them.

Visual field follow attention, awareness creates possibility, imagination explores content and writing develops enthusiasm. The artist brings a stoke to the page unwritten, an evolutionary thrust of your uniqueness an commitment standing in the midst of a storm or rainbow. Joy is always there when in play together. Come dance, write, view, remote view, track the seen and what you can imagine. Explore the world you create as you create it.

If you are a beginner or a seasoned performer this workshop will engage your creative mind and body. From years of healing trainings and contact work as well as a mind that is possessed with creating artists and making artistic experiments I bring what I know to the table and ask you to do the same. We meet in a space of creative exploration.

My proposition is: Working deeply into the body though breath and chi cultivation we begin to explore habits and opening

Everyone is Welcome



SARA SHELTON MANN(USA)

Alwin Nikolai and Murray Louis Companies, 1968-72, Halifax Dance Co-Op 74-79. She moved to San Francisco in 1979 and developed the performance group "Contraband" (collaborating with Keith Hennessey, Jess Curtis, Jules Beckman, Kathleen Hermesdorf among others) touring from 1979-96. She collaborated with Guillermo Gomez-Pena 1996-2000. Since 2000 She has taught and created performance work internationally. Her awards include 6 Isadora Duncan Awards, a Guggenheim Fellowship, a Gerbode Choreographer in Collaboration Award with David Szlasa. In 2012 through a Dancers Group Award she took a group to Moscow, Russia and the Archstoyanie Festival supported by Mutual Trust for Understanding and the U.S Embassy.

Workshop fee:

280€, 250€ early bird till July 6th

Schedule:

Mo-Fr 10am-5pm, ~1,5h break

Contact **preworkshop**:

preworkshop@contactfestival.de

Information:

www.contactfestival.de

international

contact

festival

freiburg