

international

contact

festival

freiburg

# MARTIN KEOGH



Photo: T. Piotrowski; Dancer: M. Keogh, R. Chung

## INTIMATELY ROOTED

An inquiry into the nuance found in the pelvic bowl

prefestival  
workshop

3.-7. August 15



prefestival  
workshop  
3.-7. August 15

# INTIMATELY ROOTED

An inquiry into the nuance found in the pelvic bowl

In these five-days we investigate the relationship of our pelvic floor to the unpremeditated dance and the spontaneous acrobatics of the form. We begin by dilating our sense of time to enter the details of our pelvic bowl ... from here we locate our ground to dance while in the act of falling. And dance we will. We continue with the proposition that contact improvisation reveals to us that instability leads to mobility... and great instability leads to exhilarating mobility.

Join good company for leisurely somatic research, dancing and discovery. With hands on work, games, some sweat, and the unique physicality of the contact body we will savor and rock the boundaries between states of allowing and mindful intention. We enter the pelvic bowl to become more intimately rooted in our dance and being.

This is an advanced level training: please have comfort with full spherical dancing into the backspace, using hands as landing gear, and the ability to feel and respond to subtle impulses.

*A Contact Improvisation Intensive Workshop*



## MARTIN KEOGH<sup>(USA)</sup>

Martin Keogh has taught and performed contact improvisation for 35 years. For his contribution to the development of the form he is a Fulbright Senior Specialist and listed in Who's Who in the World. Martin spent time in monasteries in Asia and was the director of the Empty Gate Zen Center before discovering the world of dance. He founded The Dancing Ground, an organization that introduces contact improvisation at conferences focusing on gender, race and mythology. He has co-facilitated C.I. teacher's conferences on five continents.

*Martin says:*

*My greatest sense of accomplishment comes from seeing students increase their capacity for sensation and risk -seeing them dance less with their "ideal" and more with their partner- and the profound gratification of introducing contact improvisation to those who then realize they have found the dance form they were seeking all their lives. I attempt to teach and model that the beauty and reach of our questions, in the end, determine the beauty and reach of our lives.*

*More info: [martinkeogh.com](http://martinkeogh.com)*

**Workshop fee:**

280€, 250€ early bird till July 5<sup>th</sup>

**Schedule:**

Mo/Tu/Th/Fr 11am-6pm, 1h break  
(We 11am-2pm)

**Contact preworkshop:** [preworkshop@contactfestival.de](mailto:preworkshop@contactfestival.de)

**Information:** [www.contactfestival.de](http://www.contactfestival.de)

international

contact

festival

freiburg