

# ANDREW de Lotbinière HARWOOD



Photo © Christophe Gonnet

## SEIZE

the decisive moment in instantaneous composition

**pre**festival  
workshop  
1.-5. August 16

international

contact

festival

freiburg



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# pre festival workshop

1.-5. August 16

## S E I Z E

the decisive moment in instantaneous composition

Can we seize the moment, harness our habits and use all our known and unknown resources wisely? Do we truly care for our dances and can we take them to another level? Do we recognize we are part of a bigger picture and be attentive to everything all at once? Can we do less and accomplish more? Can we expand our comfort zone and survive clumsy moments converting them into artistic material? Can we sustain a duet or a solo or an ensemble dance for a long time or just as easily leave it all of a sudden? These are some of the questions this workshop will investigate.

Through the awareness of visual and non-visual perception, we will tune into our inner and outer world as we observe and awaken the imagination for real-time performative compositions. What is so wonderful about instantaneous choreography is that suddenly the elements erupt before you, just like that, and it is essential to seize them... That's what poetry is! You must not think. The rest of the time, yes, you do have to think but at that moment, you must throw caution to the wind and dive in.

*for intermediate and advanced contactors and/or experienced improvisers*



Photo © Paula Zacharias

### ANDREW Harwood <sup>de Lotbinière</sup> CDN

Andrew de Lotbinière Harwood began his dance career in 1975 and, for over forty years has dedicated himself to the research, education, development and dissemination of contact improvisation and compositional improvisation as sophisticated movement disciplines and performing art forms. His work has evolved through ongoing collaborations and various investigations of performance, composition, spatial design and movement techniques and has been influenced through the study of gymnastics, the Alexander Technique, Aikido, release technique, contemporary dance and yoga. He studied and performed intensively with Steve Paxton, Nancy Stark Smith and Nita Little, the founders of contact improvisation and danced for the companies of Marie Chouinard, Jean-Pierre Perreault, Jo Lechay and Fulcrum. He was also a member of the improvisational ensembles Improvisational Movement Fund, Echo Case and Discovery Bal. Since 1980, his work has been taught and performed at numerous institutions and international festivals throughout North America and Europe as well as in Central and South America, Mexico, Australia, Eastern Europe, Israel and Russia. He is the recipient of the Canada Council's Jacqueline-Lemieux award for the year 2000.

Workshop fee:

280€, 250€ early bird till July 1<sup>st</sup>

Schedule:

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

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

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

