

RELEASE BASED PROFESSIONAL CLASS

* 6-7 AUG

Gill Clarke, Experiential Anatomy – These classes will begin from visualisation of anatomical connections and use of breath to open channels of energy through the body. The focus will then be on taking this awareness into exploration of movement in and through space.

* 8-10 AUG

Kate Brown, Improvisation – The class will begin with a simple physical warm-up, alone or in pairs. This will lead into improvised dancing with a specific focus, which will then take the movement into structures, with opportunities for solo, duet and larger group improvisations, and a chance to watch each other.

* 13-14 AUG

Giovanni Felicioni, Yoga/Rolfing Principles – In these two classes we will use the yoga system of movement and contemporary movement technique to look at the importance of the action of the foot on the ground and the head in the sky on our alignment and freedom to move without extra effort.

* 15-17 AUG

Kate Brown – See 8-10 August.

* 20-21 AUG

Scott Clark, Feldenkrais Method® – Scott will lead a Feldenkrais Awareness through Movement Method® session.

* 22-24 AUG

Eva Karczag, Improvisation 10-1pm – Experiencing anatomy through our senses leads to in-depth and personal understanding of our patterns of use. We will use observation, directed touch, and imagery to challenge habitual thought and movement responses, and release our body into integrated openness and buoyant suppleness.

* 28 AUG

KJ Holmes, Improvisation – The Athletics of Intimacy, dance improvisations taught by KJ Holmes. These classes will combine applications of Body-Mind Centering®, skills and practices of Contact Improvisation, and tunings of improvisational approaches in solo, duet and ensemble dancing creating a lab for physical inquiry and imaginative research into dancing.

* 3 SEP

Stephanie Maher, Improvisation – Class begins by focusing on the movers connection to the ground, to create a stronger path for the pelvis into the legs and space. Alignment will be tuned within movement maps, using tasks to orient and clarify the expressive body, and finding form in space and time. Improvisation will be used as a vehicle towards a deeper awareness of ourselves, and our depth of understanding our moving.

10 SEP

Sasha Roubicek – Drawing on over twenty years experience as a teacher and performer, class utilises articulate formed sequences that keep an underlying improvisatory approach to explore personal understanding of sensation, breath, and energetic change. Her class is fundamentally informed by Aikido, Chi Gong, Yoga and Feldenkrais. **SDD** 13/14 Sep **TT** (Wednesday session)

17 SEP

Scott Smith, Materials for Movement – Classes begin with warm ups focused on initiation and release of movement and breath, encouraging somatic experience. The materials use skeletal imaging and action, with particular focus given to the pelvis and spine as root and limb, advocating movement research in relationship with the physical world. **SDD TT**

24 SEP

Rachel Krische – Rachel fuses the principles of her Yoga work (Scaravelli) with the more traditional format of taught sequencing. She will begin with floor based prep work, paying particular attention to thoroughly grounding the body. From this the class will gradually build to full-bodied sequences, looking at directing energy and investigating kinaesthetic ideas of dynamic alignment. **SDD** 24 Sep **TT**

1 OCT

Kirstie Simson, Improvisation – Focuses on exploring the huge potential of the body's response to the primal urge to move, inspired by human interaction, physical challenge and of daring to go beyond inherent ideas of limitation. Classes build on very simple physical principles and explore ways for students to experience and understand their own bodies more profoundly, which is often experienced as joyful and liberating. **SDD** 1-3 Oct **TT**

8 OCT

Giovanni Felicioni, Yoga – As we become clearer about our orientation towards the ground and the space, towards the inside and the outside, towards rest and wakefulness we discover that we are deeply stable and deliciously adaptable at the same time. Using yoga and contemporary movement theory we will work on ourselves, and others, to play with what this means to our life in movement. **TT**

15 OCT

Ben Ash – We'll begin by using thematic exploration to connect to our inherent awareness, listening to the body and self, and opening up to become present in the environment. Then, with this fertile ground, we'll engage with structured sequences that will transport us on articulate, connected and weighted journeys through space. **TT**

22 OCT

Henry Montes – Informed by his ongoing studies in Craniosacral Biodynamics, the focus of the class will be inquiry into the quality of the breath, tuning into our midline, grounding and orienting to space, how our fluids support our tissues/organs and how they in turn support our structure. Class will consist of open explorations, puzzles and culminate in set material, sometimes complex.

29 OCT

Susanna Recchia – Combining improvised exploration and set material, class will be a journey through sensation and alertness, gravity and orientation, fluidity and clarity. We investigate movement as a way of relating to others and experiencing independence, being in and out of the floor, exploring form and finding freedom from it. **TT**

5-7 & 9 NOV

Marina Collard – Teaches an energised class with influences from release technique. The movement is focused on the use of weight, fluidity and engaging in the space multi directionally. **TT** (Wednesday session)

8 NOV

Rahel Vonmoos – Draws from her own movement research, experience in BMC, and Aikido. Class investigates the different movement qualities of the body's physiological systems focusing on the volume/support of the organs and the connection of the centre to extremities and space. Developmental patterns lead to phrases on the floor as well as standing, using a combination of set material and improvisation. **TT**

12 NOV

Lucia Walker, Improvisation – Class will offer games, exercises and scores to encourage us to “wake up” to the present moment and to our strength, awareness and pleasure in moving. Appreciating the information from our senses and the capacities in our co-ordination supports us to develop new qualities in our dancing, with particular focus on observing the flow of our attention. **TT**

* **Jerwood Bank Project classes** – These classes are programmed for the Jerwood Bank Project led by Siobhan Davies Dance but are open to other professionals on a drop in basis. The nature of the sessions will be experimental, mainly improvisational, with a focus on deepening an awareness of sources of movement for each individual.

SDD denotes weeks where Siobhan Davies Dance is in rehearsal and some members of the company will be joining class.

TT denotes a new Talk Thursday event. This new initiative enables participants to enjoy a dialogue with the teacher, and each other, outside of the studio. Make a drink, settle into the sofa on the landing area, and between 12-12.45pm on Thursdays (unless another day is specified) enjoy an informal chat.

MONDAY NIGHT IMPROVISATION CLASSES

6 AUG

Marie-Gabrielle Rotie – Butoh: the poetics of transformation. Improvisation processes drawn from Rotie's personal approach to Butoh are explored as a means of connecting and resonating inner and outer spaces. Demanding precision, intense control and imaginative engagement, this class is open to all abilities.

13 AUG

Kate Brown – See morning classes week of 8 August.

20 AUG

Andrew Downes – An opportunity to move towards the unknown in a safe environment with the help of simple tension releasing exercises based on Eastern Bodywork Principles and supported by large physio balls to guide us gently into the integration of spontaneous impulses as they occur towards unstructured improvised dancing.

3 SEP

Stephanie Maher – See morning classes week of 3 September.

10 SEP

Florence Peake – Class moves across art forms using artist's materials, voice and sound to *inter play, direct and explore movement*. Florence is a Certified Skinner releasing teacher and her classes are also informed by the imagery and partner work used in this technique.

17 SEP

Scott Smith – Class will use principals from 'Materials for Movement', (see morning class description week of 17 Sep), as they apply towards the practice of contact improvisation. Be prepared to dance with people. **CI**

24 SEP

Kate Hilder – Kate's classes integrate movement and vocal sound. Starting slowly with guided explorations of body sensation, breath and the voice, participants will be encouraged to experience their physical and feeling states moment by moment, within simple improvisational scores. Kates classes are influenced by her training in Action Theater and dance improvisation.

1 OCT

8 OCT

Robert Anderson – Robert's classes explore the play between internal sourcing and external awareness while dancing solo, and in and out of contact with others. Arriving into sensation, gravity and the breath will be the preparation for opening movement into space and composition. We'll play with listening to atmospheres, to stillness and to ripples of movement within ensemble improvisations.

15 OCT

Carolyn Roy – In this class we will focus on using perception to develop spatial and environmental awareness. Observing our relationship to the external world and our own internal landscape, we will explore the way that information gathered through the senses informs movement and helps us to detect, interpret and navigate the space around us.

22 OCT

Jovair Longo – Jovair's classes combine improvisation, partner work and some set movement. He encourages movement to be developed from the opening of spaces and support around the joints and the whole body. He works with the senses and different layers of the dancer's attention when performing movement and encourages the flow of movement with awareness of the space and group. **CI**

29 OCT

Rainer Knupp – The Feldenkrais Method® gives the possibility to explore through slow and repetitive movements various relationships between different areas in the body. Learning new movement patterns in small steps enables us to experience a much greater potential of how we are able to move. The awareness and the sensory experience lead us into further movement exploration and improvisation.

5 NOV

Joe Moran – Joe's classes explore a range of improvisational approaches to dancing, as 'ways in' to widening movement possibilities and the expression of our inherent sense of form, space and composition. Departure points may include explorations of underlying qualities and energetic relationships, scoring and writing, or dancing with images, sounds or ideas.

12 NOV

Lucia Walker – See morning classes 12 Nov

19 NOV

Rosalind Crisp – Class begins with a warm-up based in breath, weight and attention to sensations, in particular the sensations of falling. Physical scores used by Rosalind for dancing are then introduced, which gives a clarity of focus and can undo movement habits.

26 NOV

Thomas Kampe – We will explore the use of restrictions, constraint's and structured problems as tools for finding ease, freedom, new patterns and greater possibilities in our improvised movement choices. The Feldenkrais Method® is regarded as one of the most sophisticated movement education systems developed in the 20th century. In innovative and precise ways, the Method taps the innate intelligence of the human nervous system to produce higher levels of function and movement ability.

3 DEC

Charlie Morrissey – This class encourages a playful curiosity in exploring and expanding our experiences of the body, its multi-dimensional occupation of space, and its relationship to the ground and the support it offers. Working individually and in contact with others, we will enjoy a deeper sense of integration through the exploration of physical patterns, pathways and sensations. **CI**

CI indicates that the class focuses on Contact Improvisation. Please note, however, that teachers without the CI initials may lead a class incorporating partner-work or contact at some point.

CROSSING BORDERS TALKS

A new series of Wednesday evening conversations beginning in September, with dance artists whose work has crossed artistic, cultural or geographical borders, and with artists from other disciplines. Guests speakers include Eva Karczag, Jeremy Nelson, Eddie Nixon, Paul-André Fortier and Miranda Pennell. Time 7-8.30pm; price £5 salaried, £2.50 freelance and students. A bar will be open. For dates and full details see the website and separate leaflet.

RESEARCH WEEKS

These weeks aim to support teaching artists to investigate their practice and how they share it with others, and provide an opportunity for them to explore and experiment with a small group of participants on a more informal basis than our regular open classes. Individual classes can be taken, but priority will be given to those who can attend all week. **There are a maximum of 12 participants, and places must be booked in advance.**

19-23 NOV: GABY AGIS • 11.30-1.30PM

Previous experience in Skinner Technique is necessary for this week of sessions 11-15, which go deeper into the Skinner Releasing Technique. The classes focus on paring away to the essence of movement, and preparing participants for an open state in which to continue dancing. Gaby will then take this work further with a selected group in the afternoons, through exploring how to bridge the space between moving within/from an image and bringing that experience into construction. **To register your interest for the afternoons, contact reception.**

26-30 NOV: GILL CLARKE • 11.30-1.30PM

These sessions will not follow such a formal format as morning class, but focus on mindful body-based exploration and how complex movement pathways might arise from heightened awareness within and through the body.

PER CLASS	£3
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DELVING DEEPER IMPROVISATION WEEKEND

11AM-5PM

1 SEPT: The Athletics of Intimacy, a one-day workshop in dance improvisation taught by K.J. Holmes

This workshop will combine applications of Body-Mind Centering® (BMC), skills and practices of Contact Improvisation, and tunings of improvisational approaches in solo, duet and ensemble dancing. We will make the invisible visible, learning more about the interior of the body and our ideas and find pathways to external space, time and place. We will play with structures for improvising where we can both witness and participate, discovering new challenges and risks in our movement vocabulary.

2 SEPT: Improvising Choreography taught by Stephanie Maher

The day begins skeletally, with softening the spaces around the joints, active breathing, and practicing the act of waiting and falling upwards. This is followed by a vigorous session where dancers must retain long phrases and stay aware while moving in and out of improvised structures. Combining strength, abandon, release and direction while moving upside down and three dimensionally, we will learn to focus and clarify the direction/dynamic of our energies by constantly shifting the structures that allow us to dance from the inside to the outside.

FUNDED PRICE – full-time salaried or funded places	£45 PER DAY
INDEPENDENT PRICE – part-time salaried or freelance	£25 PER DAY
CONCESSION PRICE – Student rate or in receipt of benefit (proof required)	£20 PER DAY

SUNDAY SPECIAL

28 OCT: Body Space Image with Miranda Tufnell • 11AM-5PM

'Curious': eager to know (latin-curious...akin to cura...'care')

This day workshop explores the 'nature' of body and the places we find ourselves in. Feeling 'at home' is a curious mixture of opening our attention to things outside us that in turn connects and reveals what is happening inside us - a meeting ground. We will work on opening into a wider field of sensory and imaginative attention, to the detail of the body and how we respond and interact with the material world around us. As we settle into the qualities of what is around us, stories and images surface that bring us more fully in touch with the present moment of our lives. It will involve working individually, with partners, and in a larger group - moving, looking, writing, making things and sharing what we find.

PROFESSIONAL CLASS

FOR PROFESSIONAL DANCE ARTISTS

WEEKDAYS, 10AM-12NOON

AUGUST * Siobhan Davies Dance Jerwood Bank Project Classes	
* 6-7	GILL CLARKE
* 8-10	KATE BROWN
* 13-14	GIOVANNI FELICIONI
* 15-17	KATE BROWN
* 20-21	SCOTT CLARK
* 22-24	EVA KARCZAG 10-1PM
* 28-31	KJ HOLMES
SEPTEMBER	
* 3-7	STEPHANIE MAHER
10-14	SASHA ROUBICEK
17-21	SCOTT SMITH
24-28	RACHEL KRISCHE
OCTOBER	
1-5	KIRSTIE SIMSON
8-12	GIOVANNI FELICIONI
15-19	BEN ASH
22-26	HENRY MONTES
29-2	SUSANNA RECCHIA
NOVEMBER	
5-9	MARINA COLLARD/RAHEL VONMOOS Thurs 8th
12-16	LUCIA WALKER
19-30	RESEARCH WEEKS, SEE OVER

Note: no classes on 27th August

August – December 2007

Independent Dance



Independent Dance is an artist led organisation dedicated to the ongoing professional development of dance artists, which offers a year round programme of classes, workshops, laboratories and discussions.

ID's regular classes are now based at Siobhan Davies Studios where all facilities are available to ID class participants, including changing areas and showers, the dancers lounge area and the parlour and kitchen, where dancers can relax after class and make use of the free internet service.

Siobhan Davies Studios is wheelchair accessible and the ID programme is open to disabled and non-disabled professional dance artists. If you have any particular access requirements please contact us directly.

RELEASED BASED PROFESSIONAL CLASS

OPEN TO PROFESSIONALS ONLY

The daily class provides a learning environment to support the mindful curiosity and physical intelligence of the dancer. Diverse body-mind techniques influence the individual teachers' approaches to movement, such as BMC, Aikido, Yoga, Alexander, improvisation/contact improvisation, Skinner Releasing and Chi Guong (see detailed descriptions on website).

For those with special circumstances, up to four spaces each day are bookable in advance. Please call for further details.

WEEKDAYS, SEE CALENDAR FOR CLASS TEACHERS • 10AM – 12NOON

DROP IN CLASS	£4 (*EVA KARCZAG £5 PER CLASS)
10 CLASS DANCE CARD	£35

MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30-8.30PM

AUGUST Note: no classes on 27th August	
6	MARIE-GABRIELLE ROTIE
13	KATE BROWN
20	ANDREW DOWNES
SEPTEMBER	
3	STEPHANIE MAHER
10	FLORENCE PEAKE
17	SCOTT SMITH
24	KATE HILDER
OCTOBER	
1	KIRSTIE SIMSON
8	ROBERT ANDERSON
15	CAROLYN ROY
22	JOVAIR LONGO
29	RAINER KNUPP
NOVEMBER	
5	JOE MORAN
12	LUCIA WALKER
19	ROSALIND CRISP
26	THOMAS KAMPE
DECEMBER	
3	CHARLIE MORRISSEY

INDEPENDENT DANCE

TO BOOK

T: 020-7091-9650
E: info@independentdance.co.uk
W: www.independentdance.co.uk

WEBSITE

From August 2007 visit the new, re-designed ID website. Download brochures, articles, and the ID publication; watch film clips of classes and workshops; read and contribute to the online discussion forum; and enjoy learning more about the ethos and developing programme of ID.



MAILING LIST

To join the ID postal or email list send your details to info@independentdance.co.uk

Siobhan Davies Studios
85 St. George's Road
London SE1 6ER

T: 020-7091-9650
E: info@siobhandavies.com
W: www.siobhandavies.com

Travelling to Siobhan Davies Studios is easy, with close and convenient bus routes and both tube and rail stations nearby.

BY TUBE

Northern Line (Elephant & Castle)
Bakerloo Line (Lambeth North and Elephant & Castle)

BY BUS

All to St. George's Road: 12, 53, 148, 344, 360, 453, C10

BY RAIL

Elephant & Castle
Waterloo

SIOBHAN DAVIES STUDIOS



MONDAY NIGHT IMPROVISATION

OPEN TO ALL LEVELS

Improvised dance is about exploring the movement potential of our bodies and the creative potential of our minds. As well as enjoying the movement facility already available to us, we will use exercises to broaden our physical and mental range. In these classes, we create an atmosphere where work and play co-exist, and where watching and talking support our dancing.

MONDAY EVENINGS, SEE CALENDAR FOR CLASS TEACHERS • 6.30 – 8.30PM

DROP IN CLASS	£4
10 CLASS DANCE CARD	£35

SUNDAY SPECIALS

OPEN TO ALL LEVELS

These Sunday sessions give a longer, more intensive session in which to experience body-work techniques in their purest form. They will give dancers and non-dancers the chance to explore different approaches to the body, and how this can support them in movement.

SUNDAY 28 OCTOBER MIRANDA TUFNELL • 11AM – 5PM

FUNDED PRICE - full-time salaried or funded places	£50 PER DAY
INDEPENDENT PRICE - part-time salaried or freelance	£30 PER DAY
CONCESSION PRICE - Student rate or in receipt of benefit (proof required)	£20 PER DAY

WINLAB FESTIVAL 2007 ADVANCE NOTICE

Winlab 2007 teachers are as follows: 10-14 December: Susan Schell. 17-21 December: RoseAnne Spradlin. 3-5 January 2008: Giovanni Felicioni. Full festival details released October 2007.