

## RELEASE BASED CLASS

### 1 SEP | STINE NILSEN

Teaches a release based class which involves some hands on work, clear initiation of movement, leading to articulate and dynamic movement through the body and space. Influenced by teaching opportunities within CandoCo and in dance colleges nationally and internationally, Stine is interested in how to make technique class informative, accessible and enjoyable.

### 8 SEP | ZOI DIMITROU

Class is strongly influenced by the work of Susan Klein and F.M. Alexander. Concepts and aspects of the body are introduced through pictorial/metaphoric imagery and partner work exploration, and applied to the act of dancing through the structure of a technique class. Central themes are the skeletal system, handling of weight, the perceptions and the ordination/co-ordination and developing precision and clarity within complex movement phrases.

### 15 SEP | HENRIETTA HALE

Class involves preparing and tuning ourselves for readiness, efficiency and clarity within a mix of simple structured exercises and improvised explorations. We discover a constantly changing relationship with our energy, breath, skeletal connections and with gravity. Through set sequences the experience and awareness of detailed information shifting through the body is emphasised as it discovers freedom and definition.

### 22 SEP | JOVAIR LONGO

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. He breaks down different aspects of partner work for detailed study, occasionally using set movement phrases. (Contact Improvisation)

### 29 SEP | FIONA MILLWARD

Class aims to support each individual in the deepening of their experience within movement, through the use of experiential anatomy, imagery and Franklin® Balls. Movement sequences will explore the intricacy of connections that enable ease of motion, relishing detail and counterbalance and the effortlessly dynamic physicality this can create.

### 6 OCT | GIOVANNI FELICIONI

Going and Returning Across Bridges is the way the nervous system navigates its two longings in the terrain of gravity; the longing for ground and the longing for space. Articulations are bridges and we will use them as a frame to better understand and to deepen our Yoga Practice. We go and we return across the spaces of the body - and the spaces, the articulations, can be bridges rather than potholes that we fall into. The spaces are information and they can be bliss. (Yoga)

### 13 OCT | 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.

### \*20 OCT | SCOTT CLARK

Scott will lead a Feldenkrais Awareness through Movement session. (Feldenkrais Method®).

### \*27 OCT | GILL CLARKE

Begins from visualisation of skeletal connections and use of the breath to open pathways of energy through the body. We then move on to the exploration of set material, focusing on clarifying awareness of movement through the body and into space, playing with weight shifts, quality, and timing. The aim is always to go beyond learning material to the dancing of it!

### \*3 NOV | RAHEL VONMOOS

Class draws from her own movement research, her experience in Body-Mind Centering and Aikido. She 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. Rahel works with developmental patterns leading to phrases on the floor as well as standing, using a combination of set material and improvisation.

### \*10 NOV | 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. His interest is keeping true to the inquiry/foundation of the class and how this can be extended or embodied in complex material.

### \*17 NOV | SEAN FELDMAN

Through a release based class a subtle sensory awareness is explored with particular attention given to an appropriate and expansive use of breath throughout. Starting gently to uncover a sense of deep connection through isolations in the body the class culminates in more complex sequences of movement that are both highly physical and technically challenging.

### \*24 NOV | SCOTT SMITH

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.

\*These classes programmed as part of the Jerwood Bank Project run by Siobhan Davies Dance.

## MONDAY NIGHT IMPROVISATION CLASSES

### 1 SEP | 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.

### 8 SEP | JOVAIR LONGO

Classes combine improvisation and partner work, encouraging movement to be developed from the opening of spaces and support around the joints and the whole body. Jovair 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**

### 15 SEP | FLORENCE PEAKE AND JOE MORAN

Florence and Joe have worked collaboratively for the past six years and are founding artists of London art group, Intimate Contenders. Their improvisation class will explore some of the many points of their collaboration: scoring and writing, dancing in and out of drawing, movement responses to artists' materials, the use of imagery, kinesthetic awareness and energetic relationships.

### 22 SEP | CAROLYN ROY

Carolyn 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.

### 29 SEP | 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.

### 6 OCT | MARIE-GABRIELLE ROTIE

Butoh: the poetics of transformation. Improvisation processes drawn from Marie-Gabrielle'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 OCT | 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**

### 20 OCT | GABY AGIS

Gaby's improvisation classes are influenced by Skinner Releasing Technique, with the use of images, music and spatial awareness. We will be exploring the range from ensemble to solo dancing.

### 27 OCT | THOMAS KAMPE

Class explores the use of restrictions, constraints, and structured problems as tools for finding 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, it taps the innate intelligence of the human nervous system to produce higher levels of function and movement ability.

### 3 NOV | KATE HILDER

In this class we will move and make sound. By being present to our moment-by-moment experience we will expand our awareness of physical sensations and feeling states. We will explore how we can maintain our inner focus while connecting out to the space and the other dancers. Kate's classes are influenced by her training in action theatre and dance improvisation.

### 10 NOV | SIMONETTA ALESSANDRI

The class will start with a movement exploration inspired by the Feldenkrais Method®. We will go on to work solo and in groups with exercises that encourage our ability to make compositional decisions, particularly to be aware of how our movement relates to the space. We will develop our capacity to listen, to look, and to perceive what is happening and find the moment to make a choice.

### 17 NOV | SHAHAR DOR

At its best improvisation gives one the simultaneous experience of utmost discipline and utmost freedom. For me improvisation is a place where exploration and expression are one thing. My practice and my teaching is in the reading of space, inner and outer. It involves waiting, stimulating, rhythm, composition, leading and being carried away in the traces my body lives in space.

### 24 NOV | ROBERT ANDERSON

Robert's classes explore the play between internal sourcing and external awareness while dancing in solo and 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.

**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.

## A BEGINNERS INTRODUCTION TO IMPROVISATION

WITH KATE BROWN | TUESDAY 28 OCTOBER | 6.30PM – 8.30PM

£4 (CLASS CARDS CAN BE USED)

An opportunity for absolute beginners, or those with a little experience, to join a class geared specifically to explaining the fundamental tools within improvisation. Kate will give tasks and offer explanations that will help support you within any improvisation class you participate in - from exploring 'how' to watch and ways of responding, to 'listening' with the whole body and basic partner-work principles. A perfect way in to our regular Monday Night improvisation classes, which are open to all levels of experience.

## CROSSING BORDERS 2008

A second series of artists in conversation.

<b>30 SEP</b>	<b>GRAEME MILLER</b> , 'a composer of many things that may include music'
<b>7 OCT</b>	<b>BECKY EDMUNDS</b> , dance videographer and documentary maker
<b>14 OCT</b>	<b>CLARE TWOMEY</b> , artist who uses clay, in conversation with choreographer <b>SIOBHAN DAVIES</b>
<b>21 OCT</b>	<b>THOMAS LEHMEN</b> , choreographer, in conversation with independent arts producer <b>ROSE FENTON</b>
<b>28 OCT</b>	no session
<b>4 NOV</b>	* <b>ROYSTON MALDOOM</b> , choreographer, in conversation with <b>MARIE MCCLUSKEY</b> , director of Swindon Dance
<b>11 NOV</b>	<b>JANE MASON</b> , choreographer and performer
<b>18 NOV</b>	<b>WENDY HOUSTOUN</b> , movement/theatre artist
<b>25 NOV</b>	<b>MIRANDA TUFNELL</b> , dance artist and cranio-sacral therapist

All conversations will be with Sue MacLennan or Gill Clarke unless otherwise stated.

\* Royston Maldoom's Overture 2012 will be performed at the Royal Albert Hall on 1+2 November as part of Dance Umbrella 2008

More information regarding the talks and speakers will be available on the ID website.

## SUNDAY SPECIALS

**JANET KAYLO – BARTENIEFF FUNDAMENTALS PRACTICE™**  
**SUNDAY 28 SEPTEMBER | 12PM – 6PM | BOOK IN ADVANCE**

### MOVING CONCEPTS OF RELEASE TECHNIQUE:

Irmgard Bartenieff was a significant pioneer in the development of somatic, movement re-patterning approaches to dance training. Professionals who studied with her included many who would impact contemporary dance approaches internationally, including Klein and Bainbridge Cohen. Bartenieff combined the early European somatic approaches of breath and gentle touch, Laban's holistic approaches to movement in relation to space and gravity, and the bio-mechanical principles of her physical therapy background, to develop a practice of fundamental movement training geared for efficiency, expressivity, and movement longevity. This work is now referred to as Bartenieff Fundamentals (BF), as a practice of movement re-patterning that includes bringing the sensate mover into the experience of moving. The explicit Concepts of BF are essential elements of working in Release Styles and Techniques.

This workshop will move through BF Concepts such as Breath Support, Initiation and Sequencing, Developmental Patterning, Sensing and Releasing Weight, Dynamic Alignment, and Spatial Intent in exploration and sequences which provide the mover with a path toward developing greater ease and efficiency in movement, as well as access to the moment-by-moment sensory awareness which underlies qualities of presence.

## DELVING DEEPER INTENSIVE

\* **THOMAS LEHMEN – CHOREOGRAPHIC SYSTEMS**

**SUNDAY 26 OCTOBER | 11AM – 5PM | BOOK IN ADVANCE**

Berlin based choreographer, dancer, performer and author, Thomas Lehmen works in the areas between dance, philosophy and theatre. Thomas has developed a FUNKTIONEN tool box which 'is a set of cards which allows one to lay out scores, tasks, systems or just to become inspired. It contains different choreographic systems - the idea of a structure which can be created and which undergoes constant change through different parameters which can be developed by people.' In this workshop Thomas will explain and explore examples of choreographic systems which aim at autopoietic development in which all participants contribute. Using fundamental theatrical functions and the use of language allows a shared communication about the material; its context and possibilities for development. Aiming to provide participants with an understanding of these constituent communication processes so they can develop their own choreographic systems, this workshop is for professional dance artists and recent graduates.

\***PERFORMANCE OF HEROMATIK WITH THOMAS LEHMEN**  
**FRIDAY 24 OCTOBER | 7.30PM | £9/£7 CONCESSION**

Heromatik challenges the conventional way of creating and presenting a piece of work. Instead of focusing on showing a finished piece, Thomas uses fixed parameters which form the core of the piece, but for each performance he creates a new set of possibilities, developing the work under the very eyes of the audience. This is a very personal take on artistic creation, a call to question what it means to be an artist today. \*These events have been programmed by Siobhan Davies Studios and Dance4 as part of nottdance08 in London

## WINLAB FESTIVAL 2008

**1-19 DECEMBER 2008**

ID is delighted to once again bring to you this three week festival offering opportunities to immerse yourself in the work of leading internationally renowned artists, through workshops, discussions, open classes and performances. This years workshop programme progresses from bodywork, through improvisation in performance, to choreography. Moving from yoga/rolfing practice and theory with Rolfing/Yoga Practitioner Giovanni Felicioni, to exploration of improvisational performance practices within and between dance and music in a jointly led week by improvisational exponents Kirstie Simson and musician Lê Quan Ninh, and culminating in a compositional week led by choreographer Rosemary Butcher. Full details out in September 2008.

## RELEASE BASED CLASS

WEEKDAYS, 10AM-12NOON

### SEPTEMBER

1-5 STINE NILSEN  
8-12 ZOI DIMITROU  
15-19 HENRIETTA HALE  
22-26 JOVAIR LONGO

### OCTOBER

29-3 OCT FIONA MILLWARD  
6-10 GIOVANNI FELICIONI  
13-17 MARINA COLLARD  
\* 20-24 SCOTT CLARK  
\* 27-31 GILL CLARKE

### NOVEMBER

\* 3-7 RAHEL VONMOOS  
\* 10-14 HENRY MONTES  
\* 17-21 SEAN FELDMAN  
\* 24-28 SCOTT SMITH

\* PROGRAMMED AS PART OF THE ANNUAL JERWOOD BANK PROJECT WITH SIOBHAN DAVIES DANCE

### DECEMBER WINLAB FESTIVAL 2008

1-5 GIOVANNI FELICIONI  
8-12 KIRSTIE SIMSON AND LÊ QUAN NINH  
15-19 ROSEMARY BUTCHER

## MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30-8.30PM

### SEPTEMBER

1 ANDREW DOWNES  
8 JOVAIR LONGO  
15 FLORENCE PEAKE/JOE MORAN  
22 CAROLYN ROY  
29 RAINER KNUPP

### OCTOBER

6 MARIE-GABRIELLE ROTIE  
13 CHARLIE MORRISSEY  
20 GABY AGIS  
27 THOMAS KAMPE  
28 (TUES) BEGINNERS INTRODUCTION TO IMPROVISATION WITH KATE BROWN

### NOVEMBER

3 KATE HILDER  
10 SIMONETTA ALESSANDRI  
17 SHAHAR DOR  
24 ROBERT ANDERSON

## FOR PROFESSIONAL DANCE ARTISTS

SEPTEMBER - DECEMBER 2008

# Independent Dance



## INDEPENDENT DANCE

Designed by oxmed.co.uk

### TO BOOK

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

### WEBSITE

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

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

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**



## 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 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.

## RELEASE BASED CLASS

OPEN TO PROFESSIONALS ONLY | WEEKDAYS, SEE CALENDAR FOR TEACHERS | 10AM - 12NOON

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 Gong (see detailed descriptions on website).

Classes aim to support the different needs of independent professionals - from weeks of pure release technique, to an improvisational focus, or the specific bodywork forms of Yoga or Feldenkrais. To find out more on individual teachers you can read their biographies and watch video clips of the classes on our website.

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

DROP IN CLASS	£4
10 CLASS DANCE CARD	£35

## MONDAY NIGHT IMPROVISATION

OPEN TO ALL LEVELS | MONDAY EVENINGS, SEE CALENDAR FOR CLASS TEACHERS | 6.30 - 8.30PM

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.

The classes do not specifically focus on one style or approach, but rather aim to offer participants a range of opportunities to explore the richness and diversity encapsulated within the form of improvisation.

DROP IN CLASS	£4
10 CLASS DANCE CARD	£35

## SUNDAY SPECIALS & DELVING DEEPER INTENSIVES

11AM - 5PM | BOOK IN ADVANCE

Sunday Specials: These Sunday sessions give a longer, more intensive session in which to experience the body-work techniques used by our teachers in their purest form. They will give dancers, practitioners of other forms, and non-dancers the chance to explore different approaches to the body, and how this can support them in movement.

Delving Deeper: These intensives offer professional dance artists an opportunity to explore the particular approaches to choreographic or performance practice developed by artists from a diverse range of backgrounds and disciplines.

CONCESSIONS (STUDENT RATE OR IN RECEIPT OF BENEFIT. PROOF REQUIRED)	£20 PER DAY
INDEPENDENT PRICE (PART-TIME SALARIED OR FREELANCE)	£30 PER DAY
FUNDED PRICE (FULL-TIME SALARIED OR FUNDED PLACES)	£50 PER DAY

## CROSSING BORDERS 2008

TUESDAYS 7 - 8.30PM | 30 SEPTEMBER - 25 NOVEMBER | SEE INSIDE FOR PROGRAMME DETAILS

A series of conversations with artists from within and outside dance, whose particular practice has led them beyond narrow artform boundaries. Crossing Borders is organised by Independent Dance in partnership with the graduate school, London School of Contemporary Dance, Dance4, Siobhan Davies Studios, and Dance Umbrella.

CONCESSIONS AND FREELANCE DANCE ARTISTS	£2.50
FUNDED RATE	£5
WHOLE SERIES (AVAILABLE ONLY TO CONCESSIONS/FREELANCE DANCE ARTISTS)	£15