

PROFESSIONAL RELEASE BASED CLASS

6 SEPTEMBER | GIOVANNI FELICIONI

Perception Is an Action:What happens when we let go into the circularity of how the world blossoms us and we blossom it? This two hour class will explore some practical steps to embedding our embodied reality into this circularity of moving and being moved. We will have time to explore alone and in pairs or small groups. We will use the contemporary Tonic Funtion work of Hubert Godard and the ancient system of yoga as taught to me by Mary Stewart and Vanda Scaravelli. **Yoga**

7-12 SEPTEMBER | DEBORAH HAY

See inside flap.

13 SEPTEMBER | JEREMY NELSON

Class is influenced by the work of Barbara Mahler, Susan Klein, Alexander Technique, CI and BMC®. We begin with a warm-up that focuses mostly on our skeletal structure to access the deep supporting muscles of the body, allowing mobility and suppleness in the superficial muscles and emphasizing the connection to and use of the floor. Class builds from simple exercises to phrases of movement that involve moving boldly and covering space, and finding a strength, specificity and ease in our dancing.

20 SEPTEMBER | CHARLIE MORRISSEY

We will work with sensation, the application of the senses, anatomical imagery and explicit movement pathways and patterns as a means to expand the potential and hone the detail and content of our dancing. Elements of partner work will be employed as means of exploring multi directional movement and awareness as well as to stimulate and cultivate an agile and articulate relationship between our engagement with internal and external focuses. **CI**

27 SEPTEMBER | HENRY MONTES

Informed by Henry’s 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 and organs and how they in turn support our structure. Class will consist of open explorations, puzzles and culminate in set material. Henry’s interest is keeping true to the inquiry/foundation of the class and how this can be extended or embodied in complex material.

4 OCTOBER | SCOTT SMITH

Materials for Movement: The work is exercises, intended to cultivate physical and perceptual embodiment and practice. The movement uses skeletal imaging and initiations, with particular focus given to the pelvis and spine. The purpose of the class work is to make context for the participants’ use of body, sensation, and action.

11 OCTOBER | LAUREN POTTER

We will work with a strong emphasis on weight and gravity using the breath as a movement source and the floor as a partnership to aid the transference, shift and momentum of weight with an ease of connection through the limbs, whilst still maintaining a dynamic and articulate presence.

18 OCTOBER | CAROLINE SCOTT

Begins class with a Feldenkrais® Awareness Through Movement lesson which will address themes such as finding greater skeletal support and clarifying stability and balance. Structured improvisations then allow this learning to feed into your dancing and the ability to sense yourself on the “inside” whilst being fully present in the performance space. **Improvisation**

25 OCTOBER | ANDREA BUCKLEY

Within the landscape of our bodies we can access a starting point to move from. By developing a dynamic state of awareness and readiness in the body through improvisation, can our dancing be about movement and change? **CI**

1 NOVEMBER | RAHEL VONMOOS

Class draws from her own movement research, and 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.

FRI 5 NOVEMBER | SARAH WARSOP

Sarah draws inspiration mainly from Hatha and Sivananda Yoga styles, as well as from many years investigation into dance and the moving body. Her class focuses on breath as a motivation to move, helping to create physical and mental clarity, stability and flexibility. **Yoga**

8 NOVEMBER | GABY AGIS

This week focuses on classes 6-10 of the Introductory Skinner Releasing Technique, some experience of the classes would be helpful although not necessary. SRT uses image-guided floor work and hands-on tactile studies to facilitate a deeper kinaesthetic experience of movement. Spontaneous movement evoked by imagery enables the student to explore technical principles such as multi directional alignment, suppleness, suspension, economy and autonomy. **Improvisation**

16 NOVEMBER (TUES) | LYNDSEY MCCONVILLE

Lyndsey’s class focuses on dynamic use of the body, highlighting weight, suspension and rebound, together with strong articulation and clarity when moving. Complex co-ordination is explored, together with an emphasis on complete embodiment.

22 NOVEMBER | MALCOLM MANNING

Awareness Perception Presence: Moving from the fish body. Movement class based on experiential evolutionary anatomy and the Feldenkrais Method, which also includes time for self-directed exploration. The class addresses different anatomical, movement and perceptual aspects of the axial skeleton, which he refers to as the fish body.

MONDAY NIGHT IMPROVISATION

6 SEPTEMBER: 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.

13 SEPTEMBER:ADRIANA PEGORER

This class develops partnering work into a playful dialogue drawing from Tango Argentino vocabulary and Contact Improvisation principles. We will be: engaging the spine, the limbs and the senses; negotiating resistance, support and weight shifts; harmonizing solos with duets and group work. **CI**

20 SEPTEMBER: 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.

27 SEPTEMBER: 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.

4 OCTOBER: SALLY DEAN

Starting from somatic based principles, class will look at ways of integrating sound, touch, visualized imagery, and movement. It will draw on Sally’s movement research in Indonesia to introduce new awareness of our culturally determined movement habits, expanding our potential vocabulary. Inspired by her background in Amerta Movement (Suprpto Suryodarmo), SRT, Butoh and Body-based Theatre.

11 OCTOBER: TRISHA BROWN COMPANY DANCER

A rare opportunity to participate in a class led by a member of the Trisha Brown Dance Company. The company are performing in the UK as part of Dance Umbrella 2010 Festival.

18 OCTOBER: 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.

25 OCTOBER: 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**

1 NOVEMBER: SEKE CHIMUTENGWENDE

In this class we will warm up the body, mind and voice as we investigate the following questions: How do we create content and structure spontaneously? What are the choices we can make in terms of space rhythm and texture in instant composition? Can engaging our senses lead us to material when improvising? There will be the opportunity to watch each other in our explorations.

8 NOVEMBER: KATHY CRICK

Kathy teaches Contact Improvisation through guided exploration comprising anatomical and kinetic imagery and principles for giving and receiving weight. She encourages people to attune their senses and deepen embodied awareness. Kathy promotes enjoyment and ease of effort in movement and supports the generation of different energetic states for improvising both in and out of contact. **CI**

15 NOVEMBER: 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.

22 NOVEMBER: 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.

29 NOVEMBER: KATE BROWN

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

6 DECEMBER: JOE MORAN

These classes explore underlying qualities and energetic relationships as a way into widening movement possibilities and the expression of our inherent sense of form, space and composition. Scoring and writing may at times play a part in our explorations. Joe’s classes draw influence from his studies with Anna Halprin and Stephanie Skura, and his practice of Skinner Releasing.

13 DECEMBER:THOMAS KAMPE

We will explore the use of restrictions, constraints and structured problems as tools for finding ease, freedom, new patterns and greater possibilities in our improvised movement choices. The Feldenkrais Method ® taps the innate intelligence of the human nervous system to produce higher levels of function and movement ability.

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.

MUSIC AND DANCE IMPROVISATION JAM

Tue 26 Oct | 6.30-8.30pm | £2 drop-in

Interspersed within the Crossing Borders talks 2010, this evening offers an open jam for musicians and dancers to drop-in to.

THE MAKING SPACE

Tue 16 - Thur 18 Nov | 10am-6pm (includes ID morning class)

Tools for Translation - Workshop Exploring Choreography

Making and presenting new choreography with and for young people.

Programmed as part of The Making Space Project with Siobhan Davies Dance, this workshop will guide choreographers to develop their practice with a particular focus on young people.

The workshop will be led by Pete Shenton alongside an experienced youth practitioner, with additional input from other artists. The workshop fee includes morning class with Lyndsey McConville. Other opportunities also available for more information see the website. www.siobhandavies.com/themakingspace

CONCESSIONS	£60
INDEPENDENT	£70
FUNDED	£100

WINLAB FESTIVAL 2010

ID are excited to welcome the following artists to lead this year’s events:

29 November – 3 December: Giovanni Felicioni

6-10 December: João Fiadeiro

13-17 December: Chrysa Parkinson

More details out soon!

DEBORAH HAY INTENSIVE

TUE 7 - FRI 10 SEPTEMBER | 10AM-12PM

SAT 11 - SUN 12 SEPTEMBER | 12-3PM

ID is delighted to welcome Deborah Hay back to London to offer this opportunity for 15 participants only.

What the body can do is less relevant than how a body perceives and attends to the practice of performance in Deborah Hay’s work. Both body and dance are provisional: generative mysteries, which are reconfigured through consciousness, perception, and performance, yet bodily feedback is startlingly physical. In the workshop Deborah will propose different performance practices that the dancers will learn to apply to their movements in time and space.

Biography: Deborah Hay was a member of a group of experimental artists that was deeply influenced by Merce Cunningham and John Cage. The group, later known as the Judson Dance Theater, became one of the most radical and explosive 20th century art movements. By 1967, Hay had already achieved a prominent status as a young choreographer, and her unique style began to emerge as a distinct voice within the aesthetics of Judson.

In the late 1990’s Deborah Hay focused almost exclusively on rarified and enigmatic solo dances based on her new experimental choreographic method performing them around the world and passing them on to noted performers in the US, Europe, and Australia. She also choreographed a duet for herself and Mikhail Baryshnikov, *Single Duet*, which toured with the Past/Forward project in 2000.

Her work has now reached a new stage, where she redefines the inimitable choreographic method of her solo pieces in collaboration with highly trained dancers. In 2004 she received a NYC Bessie award for her choreography of the quartet *The Match*, which toured in Austin, Houston, London, Nottingham, Montpellier, and Paris in 2005.

CONCESSIONS	£80
INDEPENDENT	£90
FUNDED	£120

KATHLEEN FISHER TRISHA BROWN WORKSHOP

SUN 10 OCTOBER | 11AM-5PM

Class will begin with warm-ups and sensory and task-based improvisations. Exercises cultivate simplicity in shifting weight, modulation of weight, swing, and energy, and enhanced individual and group awareness. Next, we’ll bring this sensitivity to the dancing of a phrase from *Glacial Decoy*. Emphasis will be placed on learning movement as the Company does, emphasizing attention to detail, spatial clarity, performance quality, and dancing with others. Watching each other throughout the day, we’ll focus on the transparency of the dancer in interaction with complexity/task and the communicative power of Brown’s abstract vocabulary. We’ll end with a round table discussion where all can offer their comments on the day and ask further questions about Trisha Brown’s works and process. **Biography:** Kathleen is a dancer, teacher, improvisor, and bodyworker. She was a member of Trisha Brown Company from 1992 to 2002 and an original cast member of many pieces, as well as performing extensive repertory.

She has taught TBDC masterclasses and workshops and led lecture-demonstrations for professional and aspiring dancers, children, and educators around the world, including assisting in *Set and Reset/Reset* at University of Utah and leading *Astral Convertible (Re-imagined)* at University of Illinois. Her ongoing self-education and performance work has included projects with Bebe Miller Company and Jane Comfort and Company as well as forays into theater and film, and studies of the healing arts. She is a Certified Kripalu Bodyworker, nationally Certified Massage Therapist, practitioner of Craniosacral Therapy and a founding partner of Bimini Healing Arts and Bimini Tours.

CONCESSIONS	£20 PER DAY
INDEPENDENT	£30 PER DAY
FUNDED	£50 PER DAY

PROFESSIONAL CLASS

WEEKDAYS, 10AM-12NOON

SEPTEMBER

6 GIOVANNI FELICIONI MON ONLY
13 JEREMY NELSON
20 CHARLIE MORRISSEY
27 HENRY MONTES

OCTOBER

4 SCOTT SMITH
11 LAUREN POTTER
18 CAROLINE SCOTT
25 ANDREA BUCKLEY

NOVEMBER

1 RAHEL VONMOOS/SARAH WARSOP ON FRI
8 GABY AGIS
16 LINDSEY McCONVILLE TU-FRI
22 MALCOLM MANNING

MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30-8.30PM

SEPTEMBER

6 CAROLYN ROY
13 ADRIANA PEGORER
20 MARIE-GABRIELLE ROTIE
27 ANDREW DOWNES

OCTOBER

4 SALLY DEAN
11 TRISHA BROWN COMPANY DANCER
18 RAINER KNUPP
25 JOVAIR LONGO
26 (TUE) MUSIC AND DANCE JAM

NOVEMBER

1 SEKE CHIMUTENGWENDE
8 KATHY CRICK
15 KATE HILDER
22 ROBERT ANDERSON
29 KATE BROWN

DECEMBER

6 JOE MORAN
13 THOMAS KAMPE

CROSSING BORDERS TALKS 2010

TUESDAYS, 7-8.30PM

SEPTEMBER

28 WHAT IF... CURATING ARTISTS - THE MOVING IMAGE

OCTOBER

5 BARAK MARSHALL*
12 LAUREN POTTER AND SCOTT SMITH - THE PERFORMERS' PERSPECTIVE
19 ROS WARBY*
26 NO SESSION

NOVEMBER

2 NO SESSION
9 SIOBHAN DAVIES IN CONVERSATION WITH A COLLABORATOR ON ROTOR
16 SCOTT DELAHUNTA AND RANDOM'S CHOREOGRAPHIC THINKING TOOLS PROJECT
23 MIRANDA PENNELL FILM-MAKER AND ANTHROPOLOGIST DR MASSIMILIANO MOLLONA

* Artists performing as part of Dance Umbrella

FOR PROFESSIONAL DANCE ARTISTS

SEPT - DEC 2010

Independent Dance



„I'm only passionately curious.“
EINSTEIN

Design by designintoto.co.uk

INDEPENDENT DANCE

GUIDE TO RATES

FUNDED

Full-time salaried | funded places

INDEPENDENT

Part-time salaried | freelance

CONCESSIONS

Students | receiving benefits, proof required

TO BOOK

T: 020-7091-9650

WEBSITE

Visit the 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

SIOBHAN DAVIES STUDIOS

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



Supported by
ARTS COUNCIL ENGLAND

SUPPORT STIMULATE SUSTAIN

Independent Dance is an artist led organisation dedicated to the ongoing professional development of dance artists. The year-round programme of activity seeks to provide a learning environment in which artists can keep excavating and extending their practice, in a fluid community of fellow professionals and throughout their working lives.

Siobhan Davies Studios is accessible to disabled people and wheelchair users 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.

PROFESSIONAL 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	£4.50
10 CLASS DANCE CARD	£35

MONDAY NIGHT IMPROVISATION

OPEN TO ALL LEVELS | MONDAY EVENINGS, SEE CALENDAR FOR 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	£4.50
10 CLASS DANCE CARD	£35

CROSSING BORDERS TALKS 2010

OPEN TO ALL | TUESDAYS, SEE CALENDAR FOR SPEAKERS | 7 - 8.30PM

Independent Dance presents a series of conversations with artists from within and outside dance, whose particular practice has led them in interesting directions beyond geographic or artform boundaries.

CONCESSIONS	£3 PER TALK, FULL SERIES £15
FUNDED	£5 PER TALK, FULL SERIES £20

SOMATIC MOVEMENT EDUCATION

26 SEPT - 19 DEC, NO CLASS 31 OCT, 7 AND 14 NOV | SUNDAYS 2-4PM

A new drop-in class organised by Susanna Recchia and Jane Okondo. Classes will be led by various practitioners, each an expert in their own field.

FULL PRICE	£10
CONCESSIONS	£8