

## PROFESSIONAL RELEASE BASED CLASS

### WE 20 - TH 21 and TU 26 - TH 28 APRIL | ROSEMARY BUTCHER

Working within a directed improvisation, Rosemary's class will explore methods of developing intuitive decision making within a framed movement language. The class maps physical experience through memory and sensory awareness.

### TU 3 - TH 5 MAY | RAHEL VONMOOS

Rahel's 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.

### FR 6 MAY | GILL CLARKE

Each day will start from a focus on some aspect of the body and draw on partnerwork, visualisation, directed and exploratory movement, (even sometimes drawing and writing), to refine awareness and clarify attention to this aspect and its relationship to the whole system of the moving body in space, aiming for a playful alertness, expansiveness and specificity in our dancing.

### 9-13 MAY | GIOVANNI FELICIONI

Yoga and Embodied Patterns - The River of Spaces and Bridges. This week will river along a process that starts with exploring the patterns we make for frontbending and backbending and then will move towards exploring the patterns that have a diagonal and spiral dynamic. Patterns are not always problems. Patterns can also be resourceful. Patterns can be rivers of information that are about how we have the potential to relate anything with anything. Patterns can help us connect our structure (the obvious body) to our capacity to be coordinated, to perceive meaning as we move between older and newer patterns.

### 16-20 MAY | GABY AGIS

This week focuses on classes 11-15 of the Introductory Skinner Releasing Technique, some experience of SRT would be helpful. 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.

### 23-27 MAY | MALCOLM MANNING

Awareness Perception Presence: Shoulders And Hips. 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 relationships between the shoulders and hips in crawling and walking.

**THROUGH JUNE AND JULY, CLASSES BELOW WILL RUN MON-THURS EACH WEEK. FOR DETAILS ON OUR NEW FRIDAY PROFESSIONAL CLASS WITH LYNDEY MCCONVILLE AND DELPHONE GABORIT SEE THE NEXT COLUMN.**

### TU 31 MAY - 2 JUNE | GILL CLARKE

See Fri 6 May

### 6-9 JUNE | ANDREA BUCKLEY

This class aims to look within the landscape of our bodies to access a starting point to move from. We will work with touch as as a way to awaken our sense mechanism and through guided instructions, sometimes anatomical - sometimes compositional, we will explore dynamic states of awareness and readiness in the body so as to enhance perception of ourselves and others in relation to the surrounding space.

### 13-16 JUNE | G HOFFMANN SOTO

Movement from the Inside Out - These sessions will focus on deepening our personal awareness through our movement and in relationship to others and the space around us. The elements we will work with are Awareness in Movement, drawing from the Anna Halprin Movement Ritual, Ideokinesis, principles from the Chinese Internal Martial Arts, and extending our developing awareness into movement and dance explorations. The classes will develop over the 4 days but each one will be a completion in and of itself.

### 20-23 JUNE | FIONA MILLWARD

In these sessions we will take time to listen and notice feedback from the body, working with Franklin Balls within given exercises, both alone and with a partner. Set material will be interspersed with moments of improvisation to enable a deeper embodiment of changes that may have arisen, particular to each individual, and within specific contexts.

### 27-30 JUNE | SUSANNA RECCHIA

Through hands-on activities, moving/dancing, drawing/writing the class is a journey through the anatomical landscapes of the body. We will explore sensing as discovering, moving as a tool for learning and reflecting, dancing as both rest and a highly dynamic activity.

### 4-15 JULY | GRADUATE FORTNIGHT

A two-week programme specifically created for current final year dance students and new graduates, focusing on exploring beyond the class to delve into the experience of performance. Class will move into exploring performance in a variety of ways such as learning repertoire, creating/manipulating material, or working with improvisational scores.

### 18-21 JULY | 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.

### 25-28 JULY | CAROLINE SCOTT

Each morning will begin with a Feldenkrais® Awareness Through Movement lesson looking at how you can find greater skeletal support, clarifying movements in the spine, chest and pelvis so that your limbs are free to move you. 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.

Caroline will be offering 1 to 1 Feldenkrais at SDS on Mon 25 and Wed 27 July 2011, at 1pm, 2pm and 3pm at the reduced rate of £35.

These sessions last an hour and are a chance to ask questions about your movement which may link to an injury or recurring difficulty, or simply a desire to improve your performance. More details online. Bookings via iris@independentdance.co.uk.

## NEW FRIDAY PROFESSIONAL CLASS

These new 'stand-alone' classes offer an end of the week opportunity to immerse yourself in dancing, offering ample time to learn, enjoy and explore set material.

### 3, 10, 17, 24 JUNE and 29 JULY | LYNDEY MCCONVILLE

Lyndsey's class focuses on an energised and dynamic use of the body. The Friday sessions at ID will allow participants, following on from a led warm up, the opportunity to work on one lengthy movement sequence that will encompass complex co-ordination together with an emphasis on complete embodiment of dynamic range. Through practise, coaching and dialogue we will cultivate and foster a strong understanding and awareness of one's own moving, acquiring clear articulation and presence in motion.

### 1, 22 JULY | DELPHINE GABORIT

Delphine teaches a release based class that aims to build from an internal work on the floor and gradually invites the dancers to use gravity and momentum to challenge their body connections in a more dynamic sequence across the floor. She regularly teaches professional classes in London and throughout Europe as well as company classes.

## MONDAY NIGHT IMPROVISATION CLASSES

### 9 MAY | 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.

### 16 MAY | MARIE-GABRIELLE ROTIE

Butoh: the poetics of transformation. Marie-Gabrielle's classes encourage an expressionist, imaginative and poetic connection to movement, whilst encouraging compositional awareness and an eye for detail and form within improvisation. She explores the power of stillness, poetic imagery and inner focus. Her work with Butoh draws from the lineages of both Tatsumi Hijikata and Kazuo Ohno. Open to all levels and ages.

### 23 MAY | 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.

### 6 JUNE | 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.

### 13 JUNE | G HOFFMANN SOTO

Soto, a long term Anna Halprin collaborator and core teacher at the Tamalpa Institute, leads this session that focuses on deepening our personal awareness through our movement and in relationship to others and the space around us.

### 20 JUNE | 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.

### 27 JUNE | ADRIANA PEGORER

In this class we will explore ideas of magnetism and how we can use our bodies as carriers of small amounts of electrical energy that somehow can move two bodies closer or further apart. This research will be related to Tango and Contact Improvisation and informed by Seynman's Fun to Imagine. **CI**

### 4 JULY | FLORENCE PEAKE

Florence's classes move across art forms using artists' materials, drawing and objects to interplay, direct and explore movement. She is a Certified Skinner Releasing teacher and her classes are also informed by the imagery and partner work used in this technique.

### 11 JULY | 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.

### 18 JULY | 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.

### 25 JULY | ALEX CROWE

Beginning with gentle relaxation into wakeful responsiveness, Alex's classes usually circle around the integration of impulse and compositional sensibility, and explore how body, imagination and feeling state can be interdependent sources of material, including in embodied sound and language. Main influences include Skinner Releasing Technique, Action Theater, Suprpto Suryodarmo and clown work.

**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.

## SHARINGS

### FEEDBACK FORUMS

Fri 13 May, Tue 14 June, Tue 26 July | Choreographers 6-9pm, Audience 7-9pm | Choreographers £10, Audience free

These choreographic feedback studio sessions are an opportunity for professional dance artists to show work at any stage of development, in order to get audience feedback to help in the process of developing the work. To come and watch an evening you just need to book a place.

### STRANGER THAN FICTION IMPROVISATION PLATFORMS

Saturdays 28 May, 25 June, 30 July | 7.30-9.30pm | £7 drop-in, includes refreshments

ID are delighted Stranger than Fiction will continue for another series of events. This regular platform celebrates the art of improvisation in performance. It aims to present a range of different approaches to improvisation, acting as a resource for all the various improvisation communities in London. It centres on physical performance but also includes music.

## GRADUATE FORTNIGHT 2011

4 – 15 July | 10am–1pm Workshop | 1-2pm Informal chat and refreshments

Thurs 7 July and Tues 12 July | 1.30-3.30pm | Talks by Gill Clarke and Theresa Beattie

A two-week programme specifically created for current final year dance students and new graduates, focusing on exploring beyond the class to delve into the experience of performance. Class will move into exploring performance in a variety of ways such as learning repertoire, creating/manipulating material, or working with improvisational scores.

After each workshop, refreshments will be provided while you enjoy chatting to the workshop leader from that day, as well as network with fellow graduates and professionals, access the internet, talk to members of ID, and read leaflets provided. See front page calendar for specific dates of teachers. We have once again invited Gill Clarke and Theresa Beattie to talk about things to consider as you set out on your career as an independent dance artist. Gill Clarke will talk on Thurs 7 July and Theresa Beattie on Tues 12 July.

As we feel this is a unique chance to experience the work of these artists from the inside we are also opening up the sessions to eight professional dance artists each day.

**Bookings open 26 April**, book early to avoid disappointment. Full details can be found on the ID website, or a separate flyer.

## SUNDAY SPECIALS

### 15 MAY | LINDA HARTLEY: RE-SOURCING OUR DANCE

**From fluid origins - emerging into form.** This workshop will invite an exploration of early movement processes, researching into how pre-natal development profoundly influences and supports our movement and expression as adults.

Following the evolution of species, from fluid forms to earth-bonded creatures, embodying the process of movement development allows us to re-visit and strengthen the foundations of our own movement. This can enable greater strength, ease and grace to emerge, and creative energy to be released.

The workshop will introduce principles of infant movement development to inspire exploration and improvisation. Exercises involving touch and dialogue will support embodied learning and a deepening of experience and personal connection to the material. We will look at how we move from inner sensing to outer expression in dance.

**Biography:** Linda Hartley MA, has worked since 1977 in the fields of dance and somatic movement therapy, bodywork, and transpersonal and body psychotherapy. She has been evolving the Integrative Bodywork & Movement Therapy training programme since 1990, in England and Germany, and has taught and practised as a therapist in various settings in the UK and internationally.

Currently she practices as a therapist in Norfolk. Linda has an MA in Somatic Psychology, is the author of *Wisdom of the Body Moving, Servants of the Sacred Dream, and Somatic Psychology*, and editor of *Contemporary Body Psychotherapy: The Chiron Approach*. Her studies in Authentic Movement with Janet Adler deeply inform all her work.

### 12 JUNE | G HOFFMANN SOTO: IDEOKINESIS

Ideokinesis is a neuromuscularskeletal repatterning system developed in the 1930's by Mabel Elsworth Todd and first written about in her classic work *The Thinking Body*. Over the years the work has been developed and applied in many contexts. It is designed to bring the weight of the appendicular skeleton closer to the central axis and deeper into the centre of gravity, which frees the joints from holding weight and ultimately frees the individual. Ideokinesis has applications in any movement study including the martial arts, dance, theatre and ultimately life. This day will explore the work alone and in partners, on the floor and standing, and the integration into your movement.

**Biography:** G. Hoffman Soto, M.A., RMT has been associated with Tamalpa Institute since 1973 and was part of the original faculty of the Institute. He teaches Somatics and Experiential Anatomy at New College of California and has taught internationally since 1979. Soto leads a yearly training program in Germany called Awareness in Movement, and has been a regular teacher at the Institute Gestalt Wurzburg since 1981. Soto maintains a private practice in neuromuscular repatterning, cranial sacral therapy and movement. He has written a manual entitled Ideokinesis: *Body Mind Integrity and Integration*, and has an essay published in *The Body Can Speak* entitled 'A Male Dancer's Journey'.

## ROSEMARY BUTCHER SUMMER SCHOOL

### MON-FRI 11-15 JULY AND 18-22 JULY | 2 – 6PM

### AT RIVERSIDE STUDIOS, CRISP ROAD, LONDON, W6 9RL

Sessions will be divided into two parts:

**Training:** Working within a directed improvisation the session will explore methods of developing intuitive decision-making within a framed movement language. The class maps physical experience through memory and sensory awareness.

**Workshop:** Working with the body within movement improvisation structures and specific notation (words, scores, maps, etc.) the workshop will focus on strategies for translating the physical experience and exploring the way ideas of Place and Territory can be re-located both physically and mentally. A two-week intensive course, but individual weeks can also be booked.

**Biography:** For Rosemary Butcher, teaching has always been an important dialogue with her choreography and indeed she has mostly worked full time in education alongside her work as an artist. She has been lecturer in choreography at the University of Surrey, Head of Choreography at Laban Centre, and received an Honorary Doctorate from City University. Awarded an Arts & Humanities Research Board grant in 2003 she joined the University of Middlesex as a Senior Researcher in 2004. She continues with this post.

Limited to 15 people, a two week course but individual weeks can be booked.

## PROFESSIONAL CLASS

WEEKDAYS, 10AM-12NOON

### APRIL

20-21 ROSEMARY BUTCHER  
26-28 ROSEMARY BUTCHER

### MAY

3-5 RAHEL VONMOOS  
6 GILL CLARKE  
9-13 GIOVANNI FELICIONI  
16-20 GABY AGIS  
23-27 MALCOLM MANNING

### JUNE

31-2 **CLASSES RUN MON-THURS**  
GILL CLARKE  
6-9 ANDREA BUCKLEY  
13-16 G. HOFFMANN SOTO  
20-23 FIONA MILLWARD  
27-30 SUSANNA RECCHIA

### JULY

4-15 **CLASSES RUN MON-THURS**  
GRADUATE FORTNIGHT (Mon-Fri)  
18-21 LAUREN POTTER  
25-28 CAROLINE SCOTT

## NEW FRIDAY PROFESSIONAL CLASS

FRIDAYS, 10AM-12NOON

### JUNE

3 LYNDSEY McCONVILLE  
10 LYNDSEY McCONVILLE  
17 LYNDSEY McCONVILLE  
24 LYNDSEY McCONVILLE

### JULY

1 DELPHINE GABORIT  
22 DELPHINE GABORIT  
29 LYNDSEY McCONVILLE

## MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30-8.30PM

### MAY

9 THOMAS KAMPE  
16 MARIE-GABRIELLE ROTIE  
23 ROBERT ANDERSON

### JUNE

6 SALLY DEAN  
13 G. HOFFMANN SOTO  
20 ANDREW DOWNES  
27 ADRIANA PEGORER

### JULY

4 FLORENCE PEAKE  
11 SEKE CHIMUTENGWENDE  
18 CAROLYN ROY  
25 ALEX CROWE

## GRADUATE FORTNIGHT 2011

GRADUATE FORTNIGHT, 10AM-2PM

### JULY

WEEK ONE

4 RICK NODINE  
5 MATTHIAS SPERLING  
6 SUSANNE THOMAS (SEVEN SISTERS GROUP)  
7 SIOBHAN DAVIES AND GILL CLARKE  
8 LYNDSEY McCONVILLE AND LUKE BIRCH  
(Yael Flexer/Nic Sandiland Dance and Digital Works)

WEEK TWO

11 BEN DUKE (LOST DOG)  
12 AMY BELL (TILTED PRODUCTIONS)  
13 DOG KENNEL HILL PROJECT  
14 BETTINA CARPI (CANDOCO DANCE COMPANY)  
15 CHARLES LINEHAN

## FOR PROFESSIONAL DANCE ARTISTS

APR - JUL 2011

# Independent Dance



## INDEPENDENT DANCE

Design by designintoto.co.uk

### MAILING LIST

To join the ID postal list send us your details. To join the ID email list go to the ID website and click on Subscribe to our Weekly Newsletter.

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

**T:** 020-7091-9650

**E:** info@independentdance.co.uk

### 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.

**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, 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.

## 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.

Classes aim to support the different needs of independent professionals - from weeks of pure 'release technique', to an improvisational focus, to pure bodywork forms. 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	£5
10 CLASS DANCE CARD	£35

## SUNDAY SPECIALS

OPEN TO EXPERIENCED DANCE ARTISTS AND/OR BODYWORK PRACTITIONERS | SUNDAYS | 11AM - 5PM

Sunday Specials 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 experienced dance artists and practitioners an insight in to how this can support them in movement. ADVANCE BOOKING ESSENTIAL.

CONCESSIONS (STUDENT RATE OR IN RECEIPT OF BENEFIT. PROOF REQUIRED)	£20 PER DAY
INDEPENDENT PRICE (PART-TIME SALARIED OR FREELANCE)	*£30 PER DAY
FUNDED (FULL-TIME SALARIED OR FUNDED PLACES)	*£55 PER DAY

\*For Independent or Funded rate participants: £5 off total if two Sunday Specials booked and paid for together.

## GRADUATE FORTNIGHT 2011

5 - 16 JULY | 10AM - 2PM | WORKSHOP AND INFORMAL CHAT

Advance booking essential.

GRADUATES	£7 PER SESSION OR £60 FOR ALL
INDEPENDENTS	£9 PER SESSION OR £75 FOR ALL

## ROSEMARY BUTCHER SUMMER SCHOOL

11-15 AND 18-22 JULY | 2 - 6PM | AT RIVERSIDE STUDIOS, CRISP ROAD, LONDON, W6 9RL

A two-week intensive course, individual weeks can also be booked. 15 PLACES ONLY, ADVANCE BOOKING ESSENTIAL

PER WEEK	£90
BOTH WEEKS	£170