

PROFESSIONAL CLASS

WEEKDAYS, 10AM-12NOON

MAY

4 RAHEL VONMOOS
10 GIOVANNI FELICIONI
17 SUSANNA RECCHIA
24 RICK NODINE

JUNE

1 FREY FAUST
7 LAUREN POTTER
14 KIRSTIE SIMSON, 10-1PM
21 MARINA COLLARD
28 ZOI DIMITRIOU

JULY

5 GRADUATE FORTNIGHT, 9.30-2PM
12 GRADUATE FORTNIGHT, 9.30-2PM
19 GABY AGIS
26 LINDSEY MCCONVILLE

FOR PROFESSIONAL DANCE ARTISTS

MAY - JULY 2010

Independent Dance



MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30-8.30PM

MAY

3 NO CLASS
10 THOMAS KAMPE
17 JOE MORAN
24 KATE HILDER
31 NO CLASS

JUNE

7 MARIE-GABRIELLE ROTIE
14 SIMONETTA ALESSANDRI
21 ROBERT ANDERSON
28 ANDREW DOWNES

JULY

5 ANDREA BUCKLEY
12 KATE BROWN
19 ADRIANA PEGORER
26 SEKE CHIMUTENGWENDE

INDEPENDENT DANCE

Design by designintoto.co.uk

TO BOOK

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

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

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 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 (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

SUNDAY SPECIAL

11AM - 5PM | BOOK IN ADVANCE

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 give dancers and practitioners of other forms the chance to explore different approaches to the body, and 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 PRICE (FULL-TIME SALARIED OR FUNDED PLACES)	£50 PER DAY

KIRSTIE SIMSON AND COLLABORATORS WEEK

14 - 18 JUNE | 10AM - 1PM

The Poetry of Motion - Improvisation in the context of deep listening. This week of workshops will form part of a research project that Kirstie is facilitating with six international improvisers. Some of her collaborators will be participating in guiding the classes and there will be a performance on Friday 18th June at 7.30pm. Advance booking essential.

PER CLASS FOR SINGLE SESSIONS	£9
FOR WEEK	£35

GRADUATE FORTNIGHT 2010

5 - 16 JULY | 9.30 - 2PM | WORKSHOP AND INFORMAL CHAT

Advance booking essential.

GRADUATES	£5 PER SESSION OR £40 FOR ALL
INDEPENDENTS	£7 PER SESSION OR £60 FOR ALL

PROFESSIONAL RELEASE BASED CLASS

4 – 7 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.

10 – 14 MAY | GIOVANNI FELICIONI

The Dynamic of the Spiral and the River of Curves - One of the reasons that earth and heaven (grounding and lengthening) can meet in the body is because it has curves and counter curves. In these morning classes, which help us orient for the day, we will take the Tonic Function Theory of Hubert Godard along side the system of yoga as received from Vanda Scaravelli and Mary Stewart. The main themes we will explore are: Space-Ground Orientation. What is a resource? Why curves? Articulation, core stability and torsion. All supported through experiential anatomy and functional anatomy, work on self and with others.

17 – 21 MAY | SUSANNA RECCHIA

Through hands-on activities, moving and witnessing, drawing and writing, the class is a journey to find balance between rest and activity and make space for imagination and creativity in movement. The main fields of exploration are: Experiential Anatomy, Authentic Movement and Improvisation.

24 – 28 MAY | RICK NODINE

Class will be heavily influenced by Rick's 20 years of experience in Contact Improvisation. Warm-ups will encourage connection of the periphery of the body to the core and the relation of all surfaces of the body to the floor. Some set material and music will be used to generate energy and sweat, while solo, contact and group improvisations will be developed throughout the week. **CI**

1 – 4 JUNE | FREY FAUST

Ear to the Ground - Our mere existence implies a dialogue with environmental forces. Arcing, fibonacci fractal shapes in the body establish reception/processing stations to channel and store information. If we leave these “listening” areas open, how can the quality and rapidity of our environmental dialogue be enhanced? The Axis Syllabus is a method for teaching people how to move safely that refers to basic physics and applied anatomy.

7 – 11 JUNE | 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. Focus is on an ease of connection through the limbs, whilst still maintaining a dynamic and articulate presence.

14 – 18 JUNE | KIRSTIE SIMSON AND COLLABORATORS

The Poetry of Motion – Improvisation in the context of deep listening. See inside flap for details.

21 – 25 JUNE | MARINA COLLARD

The class begins with a slow exploration and integration of the whole body leading into set material which explores weight, skeletal connections, breath and efficiency in moving.

28 JUNE– 2 JULY | ZOI DIMITRIOU

Technique classes are strongly influenced by the work of Susan Klein and F.M. Alexander. They begin simply by focusing on our skeletal structure and breath to access the power of the deeper supporting muscles of the body. By energizing the dancer's directional use of energy throughout the body, one can rediscover a state of being, free from accumulated habit patterns.

5 – 16 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.

19 – 23 JULY | GABY AGIS

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

26 – 30 JULY | LYNDSEY MCCONVILLE

Lyndsey's class focuses on an energised and dynamic use of the body. Awareness of kinespherical boundaries is explored, fulfilling extension and expansion to the maximum without losing core connectivity and alignment.

MONDAY NIGHT IMPROVISATION

10 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. **CI**

17 MAY | JOE MORAN

Joe's classes explore a range of improvisational approaches to dancing, as ‘ways in’ to widening movement possibilities and to an embodied sense of form, space and composition. These departure points may include explorations of energetic relationships and qualities, the use of scoring and writing, somatic investigations, or dancing with images, sounds or ideas. Classes draw influence from Joe's studies with a wide range of experimental dance artists and somatic practitioners, and his practice of Skinner Releasing Technique, of which he is a certified teacher.

24 MAY | KATE HILDER

In this class we will explore breath, voice, movement and stillness. We will practice simple and playful improvisational exercises which expand our physical and vocal range, awaken our feelings and senses and open the doors to our vast imagination. Maintaining our inner focus we will listen to and build relationships with our partners; re-discovering the joy of spontaneous, embodied action. Kate's classes are influenced by her training and practice of Action Theater™.

7 JUNE | 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.

14 JUNE | SIMONETTA ALESSANDRI

Feldenkrais into Improvisation - Class begins with a Feldenkrais Lesson (ATM) which uses exploratory movements to find new and more efficient ways of moving. Feldenkrais stimulates our curiosity and guides us to a more detailed awareness of our internal sensation. We'll move from the inside to the outside by expanding our movement into space. Gradually we'll open to the variety and richness of movements in relation to time and touch.

21 JUNE | ROBERT ANDERSON

Arriving into a sensitized-grounded-centred self, we'll expand awareness and movement into space and composition. Entering the ‘open score’ of group improvisation, we'll practice shifting our attention between witnessing and action using both vision and touch. As we attune to the dance of the ensemble we'll focus on how we support the space. Maybe less is more, stillness as valuable as movement? We'll look at ideas of the tableau, of flocking and swarming as techniques for sculpting and enlivening space. **CI**

28 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. The support given by large physio balls will guide us gently into the integration of spontaneous impulses as they occur towards unstructured improvised dancing.

5 JULY | ANDREA BUCKLEY

This evening class aims to look within the landscape of our bodies to access a starting point to move from. We will work with touch 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.

12 JULY | 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.

19 JULY | 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**

26 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.

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.

GRADUATE FORTNIGHT 2010

5 – 16 July | 9.30am–12pm workshop

5 – 16 July | 12-1pm informal chat with teachers over refreshments
1-2pm network with fellow graduates and professionals,
access the internet, talk to members of ID, and read information and books provided

6 & 13 July | 1.15–3.15pm 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.

Each teacher will stay after their workshop so participants can talk to them more about their work:

MON 5	Yael Flexer
TUES 6	Gill Clarke and Siobhan Davies
WED 7	Rick Nodine
THURS 8	Lauren Potter
FRI 9	Rosemary Butcher
MON 12	Charlie Morrissey
TUES 13	Theo Clinkard
WED 14	Matthias Sperling
THURS 15	Rosemary Lee
FRI 16	Charles Linehan

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 Tues 6 July and Theresa Beattie on Tues 13 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 10 professionals 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.

GRADUATES	£5 PER SESSION
INDEPENDENTS	£7 PER SESSION
BOTH WEEKS	£40 GRADUATES £60 INDEPENDENTS (includes talks)
TALKS WITH THERESA AND GILL	£2 or included in Tuesday workshop payment

DATES FOR YOUR DIARY

London Dance International 2010

Look out for London Dance International - a partnership between ID, Chisenhale Dance Space, and Greenwich Dance Agency.

Activity this summer has a dance and theatre focus and will include a week-long workshop with Ruth Zaporah at gDA from 21-25 June, a week with Ivana Muller at CDS from 19-23 July, and a practitioners symposium with ID on Sunday 18 July.

For more info please visit: www.independentdance.co.uk

SUNDAY SPECIAL

THE PELVIC TRAMPOLINE – EXPLORING THE PSOAS/PIRIFORMIS
BALANCE WITH GARY CARTER
SUN 23 MAY | 11AM–5PM

Pelvic Balance - Exploring the Psoas and Piriformis relationship in movement and experiential anatomy, along with the ‘pelvic trampoline’. With an understanding of how these areas interact, we are able to experience a sense of lift and lightness from foot, pelvis, and spine.

Biography:

Gary has over 25 years of experience in movement physical training, anatomical study and bodywork practices, and has studied with many inspiring teachers, trainers and masters in their fields. From this background Gary has created his own unique way of working and ‘seeing’ which he incorporates into his teachings, trainings and practices. Since starting the Natural Bodies centre in Brighton, he has taught private one-to-one sessions, workshops, classes and seminars and has created ‘Advanced Movement Education’ through which he trains teachers in gyms, Yoga centres and schools, Pilates schools, massage and health centres as well as in University human science and movement departments. Gary also teaches anatomy and living anatomy on the British Wheel of Yoga IST days and various other Yoga teacher trainings as well as the leading Pilates training in the UK.

KIRSTIE SIMSON AND COLLABORATORS WEEK

THE POETRY OF MOTION – IMPROVISATION IN THE CONTEXT OF DEEP LISTENING
14 – 18 JUNE | 10AM–1PM | KIRSTIE SIMSON AND COLLABORATORS

Kirstie will lead morning workshops in dance-improvisation, drawing from her knowledge of contact improvisation, dance techniques, aikido and her extensive experience of improvisation in performance.

Classes will build from a foundation of simple physical principles allowing students to explore their experience of moving and to understand their own bodies more profoundly, which is often experienced as energetic liberation. Inspired by deep energies released through human interaction the classes will embody the spirit of challenge, empathy and generosity that exists within the practice of improvisation.

The week of workshops will form part of a research project that Kirstie is facilitating with six international improvisers. Some of her collaborators will be participating in guiding the classes and there will be a performance on Friday 18th June at 7.30pm.

Biography:

Kirstie Simson has been a continuous explosion in the contemporary dance scene, bringing audiences into contact with the vitality of pure creation in moment after moment of virtuoso improvisation. Called “a force of nature” by the New York Times, she is an award-winning dancer and teacher who has “immeasurably enriched and expanded the boundaries of New Dance” according to Time Out Magazine, London. Kirstie’s eternal subject is freedom, as she dares to go beyond the boundaries of form and structure to create movement out of the rhythm of life itself. For the past thirty years Kirstie has collaborated with many dancers and musicians who share a common interest in Improvisation, including Julyen Hamilton, Steve Paxton, Nancy Stark Smith, Simone Forti, Andrew Harwood, Chris Aiken, Russell Malliphant, Le Quan Ninh and Christian Burns. She was awarded a London Time Out ‘Dance and Performance Award’ as “a unique figure in the dance world”.