

RELEASE BASED CLASS

TEACHERS FOR PROFESSIONAL MORNING CLASS THIS SEASON:

7 JAN | 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! **TT**

14 JAN | 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 and puzzles, and will culminate in set material, sometimes complex, that stays true to the original inquiry. **TT**

21 JAN | JEREMY NELSON

Classes are influenced by the work of Barbara Mahler and Susan Klein, and Jeremy's recent studies in Alexander Technique, CI and BMC. The aim is to integrate this investigative alignment work into a more formally structured dance technique class, focusing on our skeletal structure to access the deep supporting muscles of the body, and emphasizing the connection to and use of the floor. Simple exercises build to phrases of movement covering lots of space, taking chances off balance and finding a strength, specificity and ease in our dancing. **TT**

28 JAN | MARINA COLLARD

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. (Tues 29 Jeremy Nelson) **TT**

4 FEB | 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. **TT** **TT** denotes a 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 enjoy an informal chat.

RESEARCH CLASS

TEACHER'S LEADING RESEARCH WEEKS THIS SEASON:

11 FEB | LUCIA WALKER

Seeing the world move, sensing our own movement and letting go of what restrains us from thinking, feeling and moving freely. The 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 dancing. A particular focus will be on observing the flow of our attention so we can develop a consistent quality of connection with ourselves, the dance, other people and the space.

18 FEB | RACHEL KRISCHE

Using the Scaravelli yoga approach that Rachel has been working with over the past nine years as her starting point, Rachel is interested in developing her understanding further by also exploring this in conjunction with partner yoga work and how the two approaches can enhance our dance practice. Class will be geared to this exploration with the potential for it to develop into improvised movement.

25 FEB | GIOVANNI FELICIONI

Bridges Inside and Out; exploring through the Yoga System and Contemporary Movement Research we will explore what is the before of moving and touching. The mornings will follow a similar line of enquiry to the previous Sunday though you need not have attended the Sunday workshop. See Sunday Special description for 24 February for full details.

3 MAR | BEN WRIGHT

Class begins quietly, exploring alignment and structural awareness, then progresses through both formal and improvised exercises towards complex phrases and improvised structures. He frequently uses imagery to exemplify ideas and encourages the use of touch and partnering at various intervals during the class.

10 MAR | BEN ASH

We'll begin by using thematic exploration to connect to our inherent awareness, listening to and moving with the songs of 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.

17 MAR | CAROLINE SCOTT

During this intensive research week we will explore how Feldenkrais can inform our dancing. Each day will begin with an Awareness Through Movement lesson, exploring how, through reducing effort and heightening sensitivity, the chest and upper back can become more flexible. Structured improvisations then allow this learning to feed into your ability to sense yourself on the "inside" whilst being fully present in the performance space.

* Note no classes on Fri 21 March

RESEARCH CLASS AFTERNOONS

TEACHERS LEADING RESEARCH AFTERNOONS THIS SEASON:

11-15 FEB | CAROLYN ROY

Drawing on Carolyn's experience of investigating the body's relationship with rural and urban landscapes, we will use these research sessions to explore this dialogue in a studio or performance context. How to truly engage the body with its context, cultivate a detailed physical awareness, observe and acknowledge personal space and develop attention to others. Listening, responding, respecting, engaging, and inviting. How can we work deeply without coming to a standstill? Can we carry inner awareness and the delicacy of heightened perception into the total physicality of dancing. Questions that are equally relevant in improvisation and working with set material. Bring warm clothes as we may work outside, and notebooks.

WED 20 + FRI 22 FEB | RACHEL KRISCHE

These two afternoons will go deeper into the partner yoga work explored during the morning classes. Questions or specific queries participants may have may also guide the nature of these afternoon sessions.

17-20 MAR | CAROLINE SCOTT

Feldenkrais One to One slots at 2pm/ 3pm/ 4pm daily

The afternoon will offer a unique opportunity to experience a one to one Feldenkrais session with Caroline. This 45 minute session is 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. We will begin with discussion and explore the question through movement. You will then lie fully-clothed on a low padded table as I gently move you with my hands, offering support for existing habits as well as encouraging new ways of moving.

* Note no classes on Fri 21 March

MONDAY NIGHT IMPROVISATION CLASSES

7 JAN | FLORENCE PEAKE

Florence's classes move across art forms using artist's materials, voice and sound to inter play, 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. For this session she will be bringing objects from the collaboration with Sally Dean 'Duets for objects'. We will find scores for improvising movement in relationship to the sculptural form of an object, and to play with the drama and narrative in objects.

15 JAN | 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.

21 JAN | SALLY DEAN

Starting from somatic based principles, this class will look at ways of integrating sounds, language, visualized imagery, and movement in improvisation. It will draw on Sally's current movement research in Indonesia to introduce new awareness of our culturally determined movement habits, expanding our potential vocabulary.

28 JAN | CHARLIE MORRISSEY

Classes will explore ways of deepening our sense of the three-dimensionality of our bodies; their mass and their relationship to gravity and space. We take time to feel the support of the floor and to notice the physical sensations that inform our relationships to our bodies and their interactions with the physical world. As we meet other bodies we are encouraged to take a playful approach to what we find. We explore our own desires for moving whilst negotiating the other people we come into contact with. We use listening in the body as a tool to learn about and navigate the new territories we encounter. **CI**

4 FEB | 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.

11 FEB | 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.

18 FEB | 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.

25 FEB | JOE MORAN

Joe's improvisation 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.

3 MAR | 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 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.

10 MAR | GABY AGIS

Skinner Releasing Technique 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.

17 MAR | SIMONETTA ALESSANDRI

Feldenkrais and Improvisation - we start with a short Feldenkrais class and will develop the same theme in terms of dance; maintaining the approach of aware exploration, working with improvisation and involving touch, the use of space, tempo and rapport with others.

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.

NEWS

Throughout January, US experimental artist Deborah Hay will be in residence making a quartet, *Grope and Find it and Pull it Out*. The project has been commissioned by ID in collaboration with Laban Theatre, Swindon Dance and Dance 4 and is being made with performers Andrea Buckley, Rachel Krische, Jane Mason and Fiona Millward.

LECTURE ON A PERFORMANCE OF BEAUTY

FRI 11 JAN 7PM | TICKETS £7, £4

Presented by Deborah Hay

At Siobhan Davies Studios

Book 0207 091 9650

GROPE AND FIND IT AND PULL IT OUT

SAT 26 JAN 7.30PM • SUN 27 JAN 3PM | TICKETS £12, £8

Premiere performances

At Laban, Deptford

Tickets 0208 469 9500

DELVING DEEPER INTENSIVE

TUES 25–FRI 29 MARCH | Miranda Tufnell | 10.30AM – 5.30PM
Belonging to the Body

'Once more my deeper life goes on with more strength, as if the banks of the river had widened out.' Rilke

This workshop will begin in the grain of the body, taking time to listen to and explore the living processes and orientations through which our bodies arise and find form. We will take time to explore our embryological beginnings and the creating and creative principles and forces that work through us as human beings. We will explore the living anatomy of bone, of heart and of skin to find the embodied and personal sense of who and where we are. Coming up close to things, listening deeply to the body and the places it moves in, sensing the time that flows through us, a multitudinous life is revealed. The course will explore through touch, movement, stillness, writing and making with materials to find the unique landscape and anatomy of our bodies and the world of which we are vitally part.

"In the final analysis we count for something only because of the essential we embody. If we do not embody that life is wasted." Jung

CONCESSIONS: £65 | INDEPENDENT PRICE: £80

FUNDED PRICE: £120

SUNDAY SPECIALS

SUNDAY 20 JANUARY | Jeremy Nelson | 11am – 5pm

Building Connections and Awareness

The workshop will draw on Jeremy's 20 years of study in the work of Barbara Mahler and Susan Klein, and his more recent studies in Alexander Technique, Contact Improvisation and Bodymind Centering. We will begin with simple exercises and stretches that encourage mobility and suppleness in the superficial muscles, establish clear connections and directions through the bones, and create a dynamic and weighted relationship with the floor. The class will also incorporate a variety of approaches including some improvisation and hands-on work in partners that help deepen our awareness and give us the opportunity to really experience some of these ideas in a physical way. We will then take our work into very simple activities and movements in order to try and integrate this new awareness into our body's movement patterns.

SUNDAY 10 FEBRUARY | Lucia Walker | 11am – 5pm

Using the Whole of Our Self

Becoming more conscious of aspects of our experience, including sensation, vision, mood, thought, intention and choice, we will explore how to bring more depth to our dancing and more presence to our performance. Lucia draws on principles from Alexander Technique, Contact Improvisation and present time composition to investigate movement, creativity and play. Be prepared to work individually, in pairs and as a group and to be curious about the quality of your own experience.

SUNDAY 24 FEBRUARY | Giovanni Felicioni | 11am – 5pm

Where Am I When I Touch, Where Am I When I Move

Exploring through the Yoga System and Contemporary Movement Research we will explore what is the before of moving and touching. We will focus a lot on the inner bridges of the body: the organs, the inner fascial webs that give us stability and a base to be adaptable from. We will also take a look at how our legs and arms are formed and give information into the trunk. We will explore how we have (among others) two related gravity centers at the pelvis and chest that are always in dialogue. This day will require little or no knowledge of anatomy and biomechanics but a big willingness to work on self and with others through movement, perception, theory and touch.

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

*Book for two or more intensives (including Delving Deeper Intensive with Miranda Tufnell) and get £5 off each event. Not applicable for concession rates.

RELEASE BASED CLASS

WEEKDAYS, 10AM-12NOON

JANUARY

7-11	GILL CLARKE
14-18	HENRY MONTES
21-25	JEREMY NELSON
28 JAN - 1 FEB	MARINA COLLARD
TUESDAY 29	JEREMY NELSON

FEBRUARY

4-8	RAHEL VONMOOS
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RESEARCH CLASS

WEEKDAYS, 11.30-1.30PM

FEBRUARY

11-15	LUCIA WALKER
18-22	RACHEL KRISCHE
25-29	GIOVANNI FELICIONI

MARCH

3-7	BEN WRIGHT
10-14	BEN ASH
17-20	CAROLINE SCOTT

Note: no class 21st March

RESEARCH CLASS AFTERNOONS

VARIOUS DAYS, 2-4PM

FEBRUARY

11-15	CAROLYN ROY
20+22	RACHEL KRISCHE

MARCH

17-20	CAROLINE SCOTT
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Note: no class 21st March

MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30-8.30PM

JANUARY

7	FLORENCE PEAKE
14	ROBERT ANDERSON
21	SALLY DEAN
28	CHARLIE MORRISSEY

FEBRUARY

4	KATE HILDER
11	ANDREW DOWNES
18	KATE BROWN
25	JOE MORAN

MARCH

3	THOMAS KAMPE
10	GABY AGIS
17	SIMONETTA ALESSANDRI

Note: no class 24th March

FOR PROFESSIONAL DANCE ARTISTS

JANUARY - MARCH 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

Is an artist led organisation dedicated to the ongoing professional development of dance artists and 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). 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

RESEARCH CLASS

OPEN TO PROFESSIONALS ONLY | WEEKDAYS, SEE CALENDAR FOR TEACHERS | 11.30AM - 1.30PM

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. Classes must be booked and paid for in advance.

BOOK IN ADVANCE	£3
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RESEARCH CLASS AFTERNOONS

OPEN TO PROFESSIONALS ONLY | VARIOUS, SEE CALENDAR | 2 - 4PM UNLESS OTHERWISE STATED

BOOK IN ADVANCE

These afternoons are an opportunity to go further into the work that has been explored during the morning sessions. Due to the individual approach each teacher takes the sessions are offered in a different format each time. Places must be booked in advance, and some sessions are only open to those who have taken the morning class.

CAROLYN ROY SESSIONS	£2 OR £5 FOR AM CLASS + PM RESEARCH DURING WEEK
RACHEL KRISCHE MORNING CLASS + AFTERNOON RESEARCH ON WED + FRI	£5
CAROLINE SCOTT ONE TO ONE SESSIONS	£10

MONDAY NIGHT IMPROVISATION CLASSES

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.

DROP IN CLASS	£4
10 CLASS DANCE CARD	£35

SUNDAY SPECIALS

11AM - 5PM | BOOK IN ADVANCE

This term we have programmed Sundays followed by a week of classes with the same teacher, to enable participants to continue exploring the work further within a class context if they choose. These Sunday sessions give a longer, more intensive session in which to experience body-work techniques in their purest form. They will give dancers, practitioners of other forms, and non-dancers with some experience in moving, the chance to explore different approaches to the body, and how this can support them in movement.