

RELEASE BASED CLASS

31 MAR | GILL CLARKE

Class begins with the visualisation of skeletal connections and the use of 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!

7 APR | 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.

8 APR | GILL CLARKE

See 31 Mar for class description.

14 APR | CHARLIE MORRISSEY

These classes bring attention to sensation in the body - to how we feel ourselves - and to what moves us. We will bring awareness to our relationship with gravity via the moving structures of the body exploring complex, fluid and connected movement in relation to space and the ground. We will play with pouring, throwing, suspending, and floating the different masses of the body on our own and with partners. An agile curiosity in the way we experience our bodies will be encouraged to facilitate full and unhindered access to our personal movement potential.

21 APR | 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.

28 APR | 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.

6 MAY * | GIOVANNI FELICIONI

Going and Returning Across Bridges: how 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 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.

12 MAY | 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.

19 MAY | GABY AGIS

Skinner Releasing Technique is the pioneering and inclusive approach to dancing that has evolved from the simple principle that when we are releasing tension and habitual holding patterns we can move more freely, powerfully and articulately. Releasing classes use guided imagery and hands-on studies to enable creative explorations of principles such as suppleness, suspension, multi-directional alignment and economy in dancing.

27 MAY * | 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.

2 JUN | SASHA ROUBICEK

Drawing on over twenty years experience as a teacher and performer, class utilises articulate formed sequences that keep an underlying improvisatory approach to explore personal understanding of sensation, breath, and energetic change. Her class is fundamentally informed by aikido, chi Gong, Yoga and Feldenkrais.

9 JUN | SASHA ROUBICEK

See 2 Jun for class description.

16 JUN | MARINA COLLARD

Marina 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.

23 JUN | 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 then applied to the act of dancing through the structure of a technique class. Central themes are the skeletal system, handling of weight and co-ordination; developing precision and clarity within complex movement phrases.

30 JUN | GRADUATE FORTNIGHT

Details of teachers on website or separate leaflet.

7 JUL | GRADUATE FORTNIGHT

See above.

14 JULY | SARAH WARSOP

See 7 Apr for class description.

15 JULY | YAEL FLEXER

Focusing on skeletal connections and imagery to find an ease and flow of movement through the body classes begin with simple exercises building towards dynamic movement sequences. Drawing on elements of bodywork and lyengar yoga emphasis is placed on momentum, inversion and an expansive use of space combined with core strength.

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.

28 JULY | RICK NODINE

A combination of set movement patterns, improvisation, and skills for connecting the limbs into the centre of the body will be our entrance into dancing together. Phrases that move the centre up and down from the floor and turn the body upside-down, combined with elements of contact improvisation will get us flying and falling as we dance with risk, humor and a vigorous physicality.

MONDAY NIGHT IMPROVISATION CLASSES

31 MAR | 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**

7 APR | SIMONETTA ALESSANDRI

The class will start with a movement exploration inspired by the Feldenkrais method. We will go on to work in 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.

14 APR | 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.

21 APR | 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.

28 APR | 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.

12 MAY | JACKIE ADKINS

We will start with material drawn from the Feldenkrais Method to refine our sensory ability and learn new patterns of moving. We will go on to improvise with themes from that material, expanding our movement range and developing free-flowing dancing. Simple tasks incorporating space, shape and dynamics will be added to integrate the material in relation to self, a partner and group.

19 MAY | AL WUNDER

Motion is my language. In this class we will look at movement as a physical language that has its own vocabulary and grammar. Clearly enunciating what we do physically and understanding the vocabulary of movement allows us to speak without speaking, to carry on vibrant conversations with our bodies. We will do lots of moving to physical scores that emphasise the fun one can have by being physically articulate.

2 JUNE | 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.

9 JUN | 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.

16 JUN | 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.

23 JUN | 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.

30 JUN | 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.

7 JUL | 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.

14 JUL | 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.

21 JUL | 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.

28 JUL | SHERON WRAY

Her improvisational practice has extended into the area of voice, and draws on The Kaleidoscope Approach which is founded on fundamental music principles embedded by a cogent actualisation of pursuit of rhythmic responses – physical listening is the key and works both ways between the dancers.

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.

*Note no classes on Monday 5 and 26 May.

GOAT ISLAND INTENSIVE

KAREN CHRISTOPHER, BRYAN SANER, LITÓ WALKEY

SUNDAY 18 MAY | 10AM – 4PM | BOOK IN ADVANCE

The idea of response has become important to the culture of Goat Island's teaching. Each presentation of work is met with some kind of artistic response: a work of art that could not have existed without the work it is responding to. In this way work begets more work and all of the work is inextricably linked.

The workshop aims to provide an opportunity for artists to work and study together, drawing on disciplines of performance, installation, writing, movement, research, and documentation. The emphasis is on the development and encouragement of new theory and practice in art/performance. Participants are invited from the visual arts, live art, music, dance, and theatre.

GOAT ISLAND is a collaborative performance group based in Chicago, USA. Since their inception in 1987, Goat Island has created nine performance works, and toured the US, Canada, UK, and Europe. In 2005 the group performed at The 51st Venice Biennale, and in 2007 they began touring their final work The Lastmaker. For more information please see www.goatlandperformance.org.

KAREN CHRISTOPHER worked with Chicago Actors Ensemble and the Neo-Futurists before joining Goat Island in 1990. Karen also teaches film and video. **BRYAN SANER** was founding member with the Chicago performance group Sock Monkeys. He joined Goat Island in 1995.

LITÓ WALKEY has recently worked as a collaborative choreographer and performer with Paz Rojo and Vera Mantero. Litó joined Goat Island in 2002.

For more information see the ID website.

CONCESSIONS: £40 | INDEPENDENT PRICE: £50

FUNDED PRICE: £70

SUNDAY SPECIALS

SCOTT CLARK

SUNDAY 22 JUNE | 11AM – 5PM | BOOK IN ADVANCE

Feldenkrais Method, physical intelligence and intimate science — how can I come into closer contact with the life and intelligence of the body?

How can I nourish that contact, encouraging growth and learning, whether dancing or going about my ordinary life? How can I reconcile the tension between what I know about myself through my thinking and what I know about myself through my moving? And how will that change the movement itself?

These are the questions at the heart of my own investigation into movement; perhaps they will have some resonance for you. In this workshop we will play with some techniques and tricks that may cast some light in these directions. The methodology will be that of the Feldenkrais Method: working through small and quite gentle movements, mostly lying on the floor; through attention and sensation, and through touching (literally) the movements of others.

LONDON DANCE INTERNATIONAL

DAVID ZAMBRANO

MONDAY 4 – FRIDAY 8 AUGUST | 10AM – 5PM | BOOK IN ADVANCE

Flying-Low Dance Technique and Composition

The Flying Low Technique - this focuses mainly on the dancer's relationship with the floor. The class utilises simple movement patterns that involve breathing, speed and the release of energy throughout the body in order to activate the relationship between the centre and the joints, moving in and out of the ground more efficiently by maintaining a centered state. There is a focus on the skeletal structure that will help improve the dancer's physical perception and alertness. The class includes partnering work and movement phrases, which explore the primary laws of physics: cohesion and expansion.

Dance Web - in the making of movement compositions, David Zambrano focuses on creating and developing the dynamics for complex systems to present leadership in the form of a group web. After taking part in the dance web, you will learn to instantly connect with your environment and become more spontaneous in the making of choices as an improviser, choreographer or dancing in someone else's work.

CONCESSIONS: £100 | PRICE £120

RELEASE BASED CLASS

WEEKDAYS, 10AM-12NOON

APRIL

31-4 APR	GILL CLARKE
7	SARAH WARSOP
8-11	GILL CLARKE
14-18	CHARLIE MORRISSEY
21-25	HENRY MONTES
28-2 MAY	RAHEL VONMOOS

MAY

6-9	*GIOVANNI FELICIONI
12-16	FIONA MILLWARD
19-23	GABY AGIS
27-30	*SCOTT SMITH

JUNE

2-6	SASHA ROUBICEK
9-13	SASHA ROUBICEK
16-20	MARINA COLLARD
23-27	ZOI DIMITROU
30-4 JUL	GRADUATE FORTNIGHT

JULY

7-11	GRADUATE FORTNIGHT
14	SARAH WARSOP
15-18	Yael FLEXER
21-25	LAUREN POTTER
28-1 AUG	RICK NODINE

FOR PROFESSIONAL DANCE ARTISTS

APRIL - AUGUST 2008

Independent Dance



Designed by oxmed.co.uk

MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30-8.30PM

APRIL

31 MAR	CHARLIE MORRISSEY
7	SIMONETTA ALESSANDRI
14	MARIE-GABRIELLE ROTIE
21	THOMAS KAMPE
28	FLORENCE PEAKE

MAY

12	JACKIE ADKINS
19	AL WUNDER

JUNE

2	ROBERT ANDERSON
9	ANDREW DOWNES
16	CAROLYN ROY
23	JOE MORAN
30	KATE HILDER

JULY

7	KATE BROWN
14	GABY AGIS
21	RAINER KNUPP
28	SHERON WRAY

INDEPENDENT DANCE

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

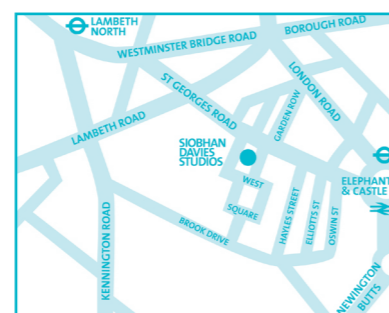
Northern Line (Elephant & Castle)
 Bakerloo Line (Lambeth North and Elephant & Castle)

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

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.

DROP IN CLASS	£4
10 CLASS DANCE CARD	£35

SUNDAY SPECIALS

11AM - 5PM | BOOK IN ADVANCE

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.

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

GRADUATE FORTNIGHT

10.00AM - 12.00PM CLASS, 12 - 2PM LUNCH | BOOK IN ADVANCE

A two-week programme specifically created for current final year dance students and new graduates in 2008, with some places available to independent artists. The aim of Graduate Fortnight is to support the transition from student to independent dance artist through a programme consisting of a daily class in a range of release and improvisation techniques by a number of different teachers, followed by lunch/networking opportunities. Limited places are available so classes must be booked and paid for in advance. You can attend the whole series or individual sessions. For further details see our website.

GRADUATE PRICE (INCLUDES LUNCH)	£3 PER CLASS
INDEPENDENT PRICE (INCLUDES LUNCH)	£4 PER CLASS

*Note: no classes on 5th and 26th May.