

PROFESSIONAL RELEASE BASED CLASS

20 APRIL | 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!

27 APRIL | 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.

TUES 5 MAY | YAEL FLEXER

Focusing on skeletal connections and imagery to find an ease and flow of movement through the body class begins with exploratory work alone or with a partner moves on to formal exercises and builds towards dynamic movement sequences. Emphasis is placed on momentum, inversion and an expansive use of space combined with core strength.

11 MAY | MARINA COLLARD

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.

18 MAY | JEREMY NELSON

The classes are influenced by Jeremy's 20 years of continuing study in the work of Barbara Mahler and Susan Klein, and by more recent studies in Alexander Technique®, contact improvisation and Bodymind Centering®. The focus of the class is to integrate this investigation and alignment work into a more formally structured dance technique class. The class builds from simple exercises to phrases of movement that involve moving boldly, covering lots of space, taking chances off balance and finding a strength, specificity and ease in our dancing.

TUES 26 MAY | SEAN FELDMAN

Through a release based class a subtle sensory awareness is explored with particular attention given to an appropriate and expansive use of breath throughout. Starting gently to uncover a deep sense of connection through isolations in the body the class culminates in more complex sequences of movement that are both highly physical and technically challenging.

1 JUNE | 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.

8 JUNE | 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.

15 JUNE | RACHEL LOPEZ DE LE NIETA

Inspired by the study and practice of meditation, martial arts and experiential anatomy, we will work in Improvisation and set material to find economy, freedom and joy in our dancing.

22 JUNE | HENRY MONTES

Through a release based class a subtle sensory awareness is explored with particular attention given to an appropriate and expansive use of breath throughout. Starting gently to uncover a sense of deep connection through isolations in the body the class culminates in more complex sequences of movement that are both highly physical and technically challenging.

29 JUNE – 10 JULY | GRADUATE FORTNIGHT

See website or separate leaflet for details.

13 JULY

To follow on from our Graduate Fortnight event, this week invites some of our regular teachers to lead a different class each day so you can experience and enjoy the diverse range of approaches to training that are on offer. Each artist has been influenced by particular approaches that inform the nature of the class. Classes are drop-in:

13 JULY Karin Fisher-Potisk draws on the principles of Body Mind Centering

14 JULY Sasha Roubicek draws on the principles of Aikido

15 JULY Zoi Dimitrou draws on the principles of Klein Technique

16 JULY Gaby Agis draws on the principles of Skinner Releasing

17 JULY Henrietta Hale draws on the principles of Yoga and Chi Gong

MONDAY NIGHT IMPROVISATION

20 APRIL | 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. **CI**

27 APRIL | 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.

11 MAY | FLORENCE PEAKE

Florence is a certified Skinner Releasing teacher and her classes move across art forms using artist's materials, voice and sound to inter play, direct and explore movement. This class will center around movement initiated by the breath and its apparatus which will be supported by partner work and gentle studies involving touch.

18 MAY | 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.

1 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.

8 JUNE | SIMONETTA ALESSANDRI

Awareness through Movement is a Feldenkrais class in which we discover new and more efficient ways to moves. We will take the quality of awareness that it gives into dancing solo and in groups and recognising the relationship between personal decision making and the influenced that other dancers have on us. This relationship will generate exiting and playful changes of dynamics in our ensemble dancing. **CI**

15 JUNE | ANDREA BUCKLEY

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

22 JUNE | 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.

29 JUNE | 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**

6 JULY | 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.

13 JULY | SALLY DEAN

Starting from somatic based principles, this class will look at ways of integrating sounds, touch, visualized imagery, and movement in improvisation. It will draw on Sally's recent 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.

20 JULY | 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. Classes are influenced by action theatre and improvisation.

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.

TUESDAY NIGHT IMPROVISATION

21 APRIL | THOMAS KAMPE

Embodied Scores- 'Feldenkrais Method' as dance resource. This advanced improvisation session will explore the use of 'Awareness through Movement' lessons and detailed hands-on partner work as embodied scores for emerging improvisations.

28 APRIL | SCOTT SMITH

A brief introductory session, looking at composition through the use of tuning scores, and basic exercises concerned with the occupation of space (architecture), and how we perceive movement, stillness, duration/rhythm, and desire/motivation.

5 MAY | KATE BROWN

Class begins with a simple physical warm-up, alone or in pairs that 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.

11 MAY | SIMONETTA ALESSANDRI

Awareness and imagination: two complementary ingredients that clarify, support and surprise our dance from solo to a large group.

19 MAY | JEREMY NELSON

This class will begin with building inner awareness through the anatomy to then bring that experience into exploring simple compositional structures.

26 MAY | ROBERT ANDERSON

Based around Nancy Stark Smith's Underscore, the session guides us through a progression of "changing states" of body and mind—from solo sensitizing to gravity and support, into group circulation and CI engagements, opening out into whole-room compositional awareness and interaction. There will be live music for this class.

2 JUNE | RAHEL VONMOOS

Rahel's interests for this class will be: between-ness, direction and weight.

9 JUNE | CAROLYN ROY

Following a warm up connecting us with our environment through sensory investigation, we will explore ideas for participation/performance as both watcher and dancer through duets and group improvisation.

16 JUNE | ANDREA BUCKLEY

We will explore improvisation and contact work as a performance mode in itself. Through our senses we can develop our wakefulness, and through our play we can expand the imagination and bridge the relationship through noticing ourselves, and others, in relation to our surrounding space.

23 JUNE | GABY AGIS

In this class we will explore the nature of compositional choices in improvisational dancing, deepening both our form and practice.

30 JUNE | CHARLIE MORRISSEY

We will explore ways in which we can bring attention to the physical instruments of perception, and will apply that attention to simple compositional performance/observation scores. The workshop will be physical and will include solo, partner and group work.

7 JULY | JOVAIR LONGO

Jovair will facilitate an improvisation session for experienced dancers to practice and share their dancing with other dancers. He will propose a warm up that will lead into solos and open improvs. There will be the possibility for brief discussions and a warm down, depending on the group. There will be live music for this class.

14 JULY | MARIE-GABRIELLE ROTIE

The class will commence with training with imagery and physicality connected to the breathe, torso and back and then take this into solo and group scored improvisations with a choreographic element.

21 JULY | LUCIA WALKER

Seeing the world move, sensing our own movement and letting go of what restrains us from thinking, feeling and moving freely. 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.

DATES FOR YOUR DIARY – MORE INFORMATION OUT SOON!

International Summer School with Diane Madden (ex-Trisha Brown)

20-24 July 2009.

Deborah Hay choreography workshop: *Choreographic Transmission*

7-11 September | 10am-4pm

What if choreography includes a process through which a choreographer transmits a dance to a performer, accounting for the many, and often discontinuous threads, visible and invisible, which effects the presence and immediacy of the dancer. What if the movement may change but the choreography may not be changed?

Deborah Hay morning classes: *Practicing Performance*

14-18 September | 10am-12pm

What if it is not what we do as dancers but how we engage the billions of passing moments in the space where we are dancing, either in solo or group work? We will learn to practice the how of performing.

SUNDAY SPECIAL

TAI CHI CHUAN WITH TIM LAMFORD

A TRADITION OF RELEASE

SUNDAY 24 MAY | 11AM – 5PM | BOOK IN ADVANCE

Suspending from the head top, dropping tension from the upper body, spiralling around the spine, living the movement of breath. Tai chi enables the individual to move from the centre of themselves through developing the sense of mental/physical awareness and the discovery of subtle control of spatial organisation. Through relaxation, and the release of blocked energy, movement becomes fluid and the sense of balance grounded.

Biography:

Tim is a highly experienced teacher of Tai chi and dance technique, who has practised the form for over 35 years. He has specialised in teaching Tai chi to performers, which have included actors, opera singers at the Royal College of Music, professional dancers, and students at the Barcelona Institut del Teatre, London Contemporary Dance School, and Middlesex University. Tim was recently Tai chi consultant for dancers performing in Turandot at the Royal Opera House.

DELVING DEEPER

SIMON WHITEHEAD | URBAN COUNTRY

SUNDAY 26 JULY | * 10-4PM

A day to identify and animate the wild flowering traces of pedestrian-borne seed, a legacy of the public Scatter made earlier in the Spring between Siobhan Davies Studios and Victoria Miro Gallery. Seed is often animal, bird or wind borne, the workshop begins to investigate the interdependence of species and plants from the perspective of the human animal and our conscious and unconscious participation in the process of plant migration. Beginning in the studio and moving out into the London country in the afternoon. * please note 10am start.

Biography:

Movement artist Simon Whitehead works from his base in rural West Wales. He has developed a body of work from pedestrian practices; made at walking pace his works are place sensitive and often involve a process of ritual reconstruction through the body, live performance, dance, sound and film. He was visiting artist at the Yorkshire Sculpture Park 2005-06 and is currently working on a new project PINGS, with Melbourne based sound artist Barnaby Oliver, exploring the geographical space between them through sound and performance. He has recently published the book *Walking to Work*. Simon has developed *Locator*, an ongoing enquiry into ecological practice through movement and performance making, realised through residential workshops both in rural and built environments.

GRADUATE FORTNIGHT 2009

MON 29 JUNE – FRI 10 JULY | 10AM – 1PM

This annual event is programmed for new graduates with the aim of supporting their transition into the professional environment through meeting, training and networking with fellow graduates and current professional dance artists. Each session focuses on exploring beyond the class to delve into the experience of performance, led by:

Lauren Potter, Siobhan Davies, Gill Clarke, Stine Nilsen, Matthias Sperling, Rosemary Lee, Charles Linehan, Theo Clinkard, Charlie Morrissey, Yael Flexer, Rick Nodine.

Class will move into exploring performance in a variety of ways such as learning repertoire, creating/manipulating material, or working with improvisational scores. In addition, we have invited Siobhan Davies and Gill Clarke on Tues 30 June 1.45-2.45pm and Theresa Beattie on Tues 7 July 1.45-3.15pm to lead informal talks on things to consider as you set out on your journey as an independent artist.

As we feel this is a unique chance to experience the work of these artists from the inside we are opening up the sessions to approx. 10 independent artists this year. Places book up quickly – we advise you book early to ensure a place. Full details online.

PROFESSIONAL CLASS

WEEKDAYS, 10AM-12NOON

APRIL

20 GILL CLARKE
27 SCOTT SMITH

MAY

5 Yael Flexer
11 Marina Collard
18 Jeremy Nelson
26 Sean Feldman

JUNE

1 Ben Ash
8 Rahel Vonmoos
15 Rachel Lopez de la Nieta
22 Henry Montes
29 Graduate Fortnight

JULY

6 Graduate Fortnight
13 Various Teachers, see inside for details

MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30-8.30PM

APRIL

20 Robert Anderson
27 Marie-Gabrielle Rotie

MAY

11 Florence Peake
18 Alex Crowe

JUNE

1 Andrew Downes
8 Simonetta Alessandri
15 Andrea Buckley
22 Kate Brown
29 Charlie Morrissey

JULY

6 Rainer Knupp
13 Sally Dean
20 Kate Hilder

TUESDAY NIGHT IMPROVISATION

TUESDAYS, 6.30-8.30PM

APRIL

21 Thomas Kampe
28 Scott Smith

MAY

5 Kate Brown
12 Simonetta Alessandri
19 Jeremy Nelson
26 Robert Anderson

JUNE

2 Rahel Vonmoos
9 Carolyn Roy
16 Andrea Buckley
23 Gaby Agis
30 Charlie Morrissey

JULY

7 Jovair Longo
14 Marie-Gabrielle Rotie
21 Lucia Walker

FOR PROFESSIONAL DANCE ARTISTS

APRIL - JULY 2009

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

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

TUESDAY NIGHT IMPROVISATION SERIES

EXPERIENCED DANCE ARTISTS ONLY | TUESDAYS SEE CALENDAR FOR CLASS TEACHERS | 6.30 - 8.30PM

This one-off series of improvisation classes is aimed for the experienced dance artist who wishes to explore their improvisational practice further. Retaining the ethos of the Monday Nights in terms of offering a variety of teachers and approaches to improvisation, these sessions aim to support and extend your current practice within a peer group environment.

DROP IN CLASS	£4.50
10 CLASS DANCE CARD	£35

GRADUATE FORTNIGHT 2009

OPEN TO NEW GRADUATES AND PROFESSIONALS | MON 29 JUNE - FRI 10 JULY | 10AM - 1PM

This year we focus on exploring beyond the class to delve into the experience of performance through workshops led by 10 artists currently making, performing or commissioning work either alone or with a company in the UK. Each day a different artist will lead a class based in release and improvisation techniques that continues into sharing their personal approach to the performance of movement material or improvisational scores.

GRADUATES (£40 FOR ALL SESSIONS. ADVANCE BOOKING ESSENTIAL)	£5 PER WORKSHOP
INDEPENDENTS (£60 FOR ALL SESSIONS. ADVANCE BOOKING ESSENTIAL)	£7 PER WORKSHOP

SUNDAY SPECIAL & DELVING DEEPER

11AM - 5PM | BOOK IN ADVANCE

Sunday Special: 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.

Delving Deeper: These intensives offer professional dance artists an opportunity to explore the particular approaches to choreographic or performance practice developed by artists from a diverse range of backgrounds and disciplines.

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