**Fee includes Giovanni’s talk on Wed 3 Dec.**

There will be ample time and variation of pace to explore safely and make meaning without at all needing to be an expert (in fact beginner’s mind is encouraged). Each morning will begin with embodied self exploration and that will lay the ground for the body outside the body - the context, the world.

*By tasting our breath can we better understand where we are and how we move?*

**Is Our Breath An Organ of Relationship?**

**Giovanni Felicioni**

During this Winlab we’ll use the reality of our breathing (as described by science and as experienced by each one of us) to explore how we build space, time and relationships. The tiny relationships in the body and the larger relationships in the body outside the body - the context, the world.

The frame for each day will be embodied and practical. Each day we will walk around the content of the previous days in a relaxed circular accumulation of experience and information. We will use the ancient art of yoga and contemporary movement research as a basis for our daily journey.

Each morning will begin with embodied self exploration and that will lay the experiential ground for explorations around movement theory and practical work in pairs or groups.

Without all needing to be an expert (in fact beginner’s mind is encouraged) your desire to explore movement in and through your self and with others through perception and touch will assure your wellbeing during this workshop.

There will be ample time and variation of pace to explore safely and make meaning as you go for your self and or your professional life as a dancer or bodyworker.

This workshop is for dance artists and bodywork practitioners.

Fee includes Giovanni’s talk on Wed 3 Dec.

---

**Le Quan Ninh and Kirstie Simson**

**Dance and Music Improvisation Workshop**

**10am-1pm**

Le Quan Ninh and Kirstie Simson first met and worked together in Istanbul in July 2006. They discovered they had a mutual passion for the exploration of improvisation and their methods of working were deeply complimentary. In this workshop Ninh and Kirstie will be sharing their substantial knowledge and love of the language of dance/music improvisation with participants.

‘Surrender’ and ‘listening’ are the key elements that will form the foundation for all the work done during the week. In this collaborative process Ninh and Kirstie will facilitate improvisational structures and learnings in which participants will be encouraged to find their own movement and musical voices.

This workshop is for experienced dance artists.

Fee includes free entry to evening improvised performances Tues 9 – Fri 12 6.30-7.15pm.

---

**Improvisation Research Lab for Experienced Dancers and Musicians**

**MON 8 DEC • 2.30PM-5.30PM**

**TUES-FRI 9-12 DEC • 2.30PM-7.30PM**

Le Quan Ninh and Kirstie Simson will facilitate this unique opportunity for a limited group of experienced dance performers and musicians to join together in researching improvised performance practice.

The group will share their gained insights through informal evening performances each evening during this week from Tuesday to Friday.

*If you would like to apply to participate in this lab, please send a CV and statement of why this opportunity would be important to you, at this point in time, to fiona@independentdance.co.uk by 24 October 2008.*

In any event, please come and take part by watching the developing process through any or all of these sharing/performances.

---

**Le Quan Ninh on music and dance improvisations**

Dance doesn’t need any music. Experiencing distances and playing with different speeds in traversing them, is rhythm. Therefore we can consider rhythm as an order of distance as opposed to an order of time.

It is enough to desire a space where we hear the distances and see the beats, where pace is a sound and silence a movement. From one paradigm to another, from a continuity to a surface, one hears dance. Nothing needs to be added as it’s already thundering.

Yet it’s always surprising to realise that the musical phrase contained by and spreading through a movement, doesn’t have the same “sonority” for the one who creates it and the one who perceives it.

It is music, indeed, but more as a consequence of other necessities. The body, moving from one state to another, sings in spite of itself.

---

**Rosemary Butcher**

**Creative Diaries**

**11am-5pm**

The morning class will draw upon diverse improvisational processes concentrating on the transferring of ideas into bodies and the emerging movement. There is a strong emphasis on the research process and the exchange of ideas through physical and philosophical dialogue.

In the afternoons participants will be focusing on the ability to sustain movement memory and to record in many different forms the physical events. The structure of the events will evolve from these records. This session will engage participants in ongoing dialogue and reflection on the practice of making.

This workshop is for experienced dance artists.

Fee includes Rosemary’s talk on Wed 17 Dec.
WINLAB 2008 Festival!

Welcome to the ID Winlab 2008 Festival!

We are excited to build on the Winlab 2007 themes of movement exploration and improvisation, by extending the focus to encompass improvised performance and choreography. The Festival will progress through Anatomy, Yoga/Rolfing principles, and on to Music and Dance improvisation and finally choreographic practice.

The programme begins with a chance to tune in to the mindful body through working intensively with the RoF Movement Practitioner/Yoga teacher, Giovanni Felicioni. One of our highly popular teachers, his work offers incredible insight into structural and movement integration combined with a clarity and understanding of the needs of a dance artist in their ongoing development.

We then move on to a week led jointly by seminal Contact Improvisation teacher Kirstie Simson and international improvisational musician Lê Quan Ninh. This week is split to offer two different opportunities to develop improvisational performance practice. The morning sessions will run 9am-12pm with both artists. The afternoons provide a laboratory opportunity for experienced improvisers to research the meeting ground of music and dance improvisation, alongside Kirstie, Ninh and invited musicians. The group will offer informal evening performances which will be open for morning workshop participants to attend. The afternoon group will be limited in numbers and participation is by application only, the deadline for this is 24 October 2008.

The final week draws our Winlab Festival to a close with leading UK choreographer Rosemary Butcher. It’s a rare opportunity to study with Rosemary and will give an insight into her approaches to developing choreographic work. The week will also offer time to interrogate the making process.

Alongside these exciting workshops once again there are many evening events to join in or to give you insights into the work of the lead artists.

Kate Brown and Kirstie Simson will once again lead our drop-in Monday Night Improvisation classes, open to any level of experience. Rosemary and Giovanni will give talks on the Wednesday of their week, and during Kirstie and Ninh’s week you will have the chance to tune in to the mindful body through working intensively with the RoF Movement Practitioner/Yoga teacher, Giovanni Felicioni. One of our highly popular teachers, his work offers incredible insight into structural and movement integration combined with a clarity and understanding of the needs of a dance artist in their ongoing development.

We then move on to a week led jointly by seminal Contact Improvisation teacher Kirstie Simson and international improvisational musician Lê Quan Ninh. This week is split to offer two different opportunities to develop improvisational performance practice. The morning sessions will run 9am-12pm with both artists. The afternoons provide a laboratory opportunity for experienced improvisers to research the meeting ground of music and dance improvisation, alongside Kirstie, Ninh and invited musicians. The group will offer informal evening performances which will be open for morning workshop participants to attend. The afternoon group will be limited in numbers and participation is by application only, the deadline for this is 24 October 2008.

The final week draws our Winlab Festival to a close with leading UK choreographer Rosemary Butcher. It’s a rare opportunity to study with Rosemary and will give an insight into her approaches to developing choreographic work. The week will also offer time to interrogate the making process.

Alongside these exciting workshops once again there are many evening events to join in or to give you insights into the work of the lead artists.

Kate Brown and Kirstie Simson will once again lead our drop-in Monday Night Improvisation classes, open to any level of experience. Rosemary and Giovanni will give talks on the Wednesday of their week, and during Kirstie and Ninh’s week you will have the chance to tune in to the mindful body through working intensively with the RoF Movement Practitioner/Yoga teacher, Giovanni Felicioni. One of our highly popular teachers, his work offers incredible insight into structural and movement integration combined with a clarity and understanding of the needs of a dance artist in their ongoing development.

We then move on to a week led jointly by seminal Contact Improvisation teacher Kirstie Simson and international improvisational musician Lê Quan Ninh. This week is split to offer two different opportunities to develop improvisational performance practice. The morning sessions will run 9am-12pm with both artists. The afternoons provide a laboratory opportunity for experienced improvisers to research the meeting ground of music and dance improvisation, alongside Kirstie, Ninh and invited musicians. The group will offer informal evening performances which will be open for morning workshop participants to attend. The afternoon group will be limited in numbers and participation is by application only, the deadline for this is 24 October 2008.

The final week draws our Winlab Festival to a close with leading UK choreographer Rosemary Butcher. It’s a rare opportunity to study with Rosemary and will give an insight into her approaches to developing choreographic work. The week will also offer time to interrogate the making process.

Alongside these exciting workshops once again there are many evening events to join in or to give you insights into the work of the lead artists.

Kate Brown and Kirstie Simson will once again lead our drop-in Monday Night Improvisation classes, open to any level of experience. Rosemary and Giovanni will give talks on the Wednesday of their week, and during Kirstie and Ninh’s week you will have the chance to tune in to the mindful body through working intensively with the RoF Movement Practitioner/Yoga teacher, Giovanni Felicioni. One of our highly popular teachers, his work offers incredible insight into structural and movement integration combined with a clarity and understanding of the needs of a dance artist in their ongoing development.

We then move on to a week led jointly by seminal Contact Improvisation teacher Kirstie Simson and international improvisational musician Lê Quan Ninh. This week is split to offer two different opportunities to develop improvisational performance practice. The morning sessions will run 9am-12pm with both artists. The afternoons provide a laboratory opportunity for experienced improvisers to research the meeting ground of music and dance improvisation, alongside Kirstie, Ninh and invited musicians. The group will offer informal evening performances which will be open for morning workshop participants to attend. The afternoon group will be limited in numbers and participation is by application only, the deadline for this is 24 October 2008.

The final week draws our Winlab Festival to a close with leading UK choreographer Rosemary Butcher. It’s a rare opportunity to study with Rosemary and will give an insight into her approaches to developing choreographic work. The week will also offer time to interrogate the making process.

Alongside these exciting workshops once again there are many evening events to join in or to give you insights into the work of the lead artists.

Kate Brown and Kirstie Simson will once again lead our drop-in Monday Night Improvisation classes, open to any level of experience. Rosemary and Giovanni will give talks on the Wednesday of their week, and during Kirstie and Ninh’s week you will have the chance to tune in to the mindful body through working intensively with the RoF Movement Practitioner/Yoga teacher, Giovanni Felicioni. One of our highly popular teachers, his work offers incredible insight into structural and movement integration combined with a clarity and understanding of the needs of a dance artist in their ongoing development.

We then move on to a week led jointly by seminal Contact Improvisation teacher Kirstie Simson and international improvisational musician Lê Quan Ninh. This week is split to offer two different opportunities to develop improvisational performance practice. The morning sessions will run 9am-12pm with both artists. The afternoons provide a laboratory opportunity for experienced improvisers to research the meeting ground of music and dance improvisation, alongside Kirstie, Ninh and invited musicians. The group will offer informal evening performances which will be open for morning workshop participants to attend. The afternoon group will be limited in numbers and participation is by application only, the deadline for this is 24 October 2008.

The final week draws our Winlab Festival to a close with leading UK choreographer Rosemary Butcher. It’s a rare opportunity to study with Rosemary and will give an insight into her approaches to developing choreographic work. The week will also offer time to interrogate the making process.

Alongside these exciting workshops once again there are many evening events to join in or to give you insights into the work of the lead artists.

Kate Brown and Kirstie Simson will once again lead our drop-in Monday Night Improvisation classes, open to any level of experience. Rosemary and Giovanni will give talks on the Wednesday of their week, and during Kirstie and Ninh’s week you will have the chance to tune in to the mindful body through working intensively with the RoF Movement Practitioner/Yoga teacher, Giovanni Felicioni. One of our highly popular teachers, his work offers incredible insight into structural and movement integration combined with a clarity and understanding of the needs of a dance artist in their ongoing development.

We then move on to a week led jointly by seminal Contact Improvisation teacher Kirstie Simson and international improvisational musician Lê Quan Ninh. This week is split to offer two different opportunities to develop improvisational performance practice. The morning sessions will run 9am-12pm with both artists. The afternoons provide a laboratory opportunity for experienced improvisers to research the meeting ground of music and dance improvisation, alongside Kirstie, Ninh and invited musicians. The group will offer informal evening performances which will be open for morning workshop participants to attend. The afternoon group will be limited in numbers and participation is by application only, the deadline for this is 24 October 2008.

The final week draws our Winlab Festival to a close with leading UK choreographer Rosemary Butcher. It’s a rare opportunity to study with Rosemary and will give an insight into her approaches to developing choreographic work. The week will also offer time to interrogate the making process.

Alongside these exciting workshops once again there are many evening events to join in or to give you insights into the work of the lead artists.

Kate Brown and Kirstie Simson will once again lead our drop-in Monday Night Improvisation classes, open to any level of experience. Rosemary and Giovanni will give talks on the Wednesday of their week, and during Kirstie and Ninh’s week you will have the chance to tune in to the mindful body through working intensively with the RoF Movement Practitioner/Yoga teacher, Giovanni Felicioni. One of our highly popular teachers, his work offers incredible insight into structural and movement integration combined with a clarity and understanding of the needs of a dance artist in their ongoing development.

We then move on to a week led jointly by seminal Contact Improvisation teacher Kirstie Simson and international improvisational musician Lê Quan Ninh. This week is split to offer two different opportunities to develop improvisational performance practice. The morning sessions will run 9am-12pm with both artists. The afternoons provide a laboratory opportunity for experienced improvisers to research the meeting ground of music and dance improvisation, alongside Kirstie, Ninh and invited musicians. The group will offer informal evening performances which will be open for morning workshop participants to attend. The afternoon group will be limited in numbers and participation is by application only, the deadline for this is 24 October 2008.