



Image credit: Rosalind Crisp by Edicia Senti
Front cover image: Rosalind Crisp by Edicia Senti

Independent Dance is an artist-led organisation dedicated to supporting, stimulating and sustaining dance artists in their development throughout their professional lives.

Independent Dance is based at

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 Independent Dance

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**ARTS COUNCIL
ENGLAND**

**SIOBHAN
DAVIES
STUDIOS**



Independent Dance

FOR PROFESSIONAL DANCE ARTISTS

JAN – MAR 2019

MORNING CLASS

Open to experienced movement practitioners

Mondays – Fridays | 10am – 12noon

Investigative sessions drawing on release techniques, improvisation, or specific bodywork forms.

14 – 18 JAN	AMY VORIS*
21 – 25 JAN	CAROLINE SCOTT*
28 JAN – 1 FEB	MIRANDA TUFNELL*
4 – 8 FEB	GABY AGIS*
11 – 15 FEB	STEPHANIE McMANN
18 – 22 FEB	ANNIE LOK
25 FEB – 1 MAR	JAMILA JOHNSON- SMALL
4 – 8 MAR	SARA RUDDOCK
11 – 15 MAR	LUKE BIRCH
18 – 22 MAR	AYA KOBAYASHI

Drop-in class – £5 | Class card – £40

For those with special circumstances, up to four spaces each day are bookable in advance.

*Please note MA Embodied Practice classes tend to fill quickly; arrive early to ensure a spot.

MONDAY NIGHT IMPROVISATION

Open to all levels

Mondays | 6.30pm – 8.30pm

An environment where work and play co-exist, exploring a diversity of approaches to improvisation.

14 JAN	SOPHIE ARSTALL
21 JAN	ALI BAYBUTT
28 JAN	KATE HILDER
4 FEB	ZOË SOLOMONS
11 FEB	SALLY E. DEAN
18 FEB	THOMAS KAMPE
25 FEB	JESSICA LERNER
4 MAR	SIMONETTA ALESSANDRI
11 MAR	ROSALIE WAHLFRID
18 MAR	ANDREW DOWNES

Drop-in class – £5 | 10 class card – £40

MA/MFA CREATIVE PRACTICE: Dance Professional Practice

A unique course designed specifically for mid-career artists, delivered jointly by Independent Dance and Siobhan Davies Dance, in partnership with Trinity Laban Conservatoire of Music and Dance.

“A profoundly personal journey of physical and philosophical awakening that is made even richer by being in an environment where you can share it with others.” MA CP: DPP alumna

MA OPEN DAY

Thu 24 Jan | 12.15 – 3pm
(Optional morning class 10am – 12pm, booking essential)

Find out about the MA/MFA Creative Practice: Dance Professional Practice from alumni, current students and faculty.

Email info@independentdance.co.uk to book.

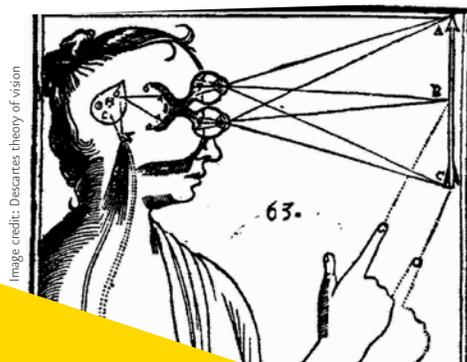


Image credit: Descartes theory of vision

Image credit: Minako Seki

CHOREOGRAPHIC IMPROVISATION With Rosalind Crisp

Sat 23 – Sun 24 Feb | 11am – 5pm

Rosalind will share her practice of choreographic improvisation – a dynamic set of principles and practical tools that guide a dancer's attention to the continual process of composing in real time with and from the materiality of the body. The body is prepared by undoing held tension and unquestioned patterns and pathways. Breath, weight, and sensation are prioritised. Practical tools and compositional parameters guide the exploration of movement sourced from touch, texture, imagination and every part of the dancer's body; parts that are anatomically segmented or fictitiously separated. Processes of flow, delay and rupture detach the dancer from presenting “moves” and guide attention to the continual emergence and shaping of dance material in a shared and porous relationship with an audience.

Standard £130
Low income £110
Concession £90

DANCING THE QUALIA With Minako Seki

Sat 23 Mar | 12pm – 6pm

Sun 24 Mar | 11am – 5pm

Seeing, sensing, receiving

We will experiment with consciously perceiving our environment, and use this material for choreographic creation.

Among the abundant visual information that surrounds us, we unconsciously make a selection of necessary information, and forget what is not interesting. Scientists talk about QUALIA, referring to the idea that things exist only when our brain recognises them consciously. Contrary theories pose that things exist even if they are not in front of us but our brain is conceiving them (their shape, texture, smell...). In that sense, reality is not only related to physical perception but also to our imagination.

By understanding the features of perception, the skeleton is able to grasp, and it becomes possible to imagine the formation of invisible parts of reality, such as the law of growth, the energy of life and the power of our soul...

Standard £130
Low income £110
Concession £90

SKINNER RELEASING TECHNIQUE Introductory Intensive With Gaby Agis, Kirsty Alexander & Lizzy Le Quesne

Mon 25 Mar – Fri 12 Apr
(See website for schedule)

This is the first Skinner Releasing Technique (SRT) introductory intensive in the UK since 2010. It offers a rare opportunity to follow the 15 classes of the introductory pedagogy consecutively over three weeks, alongside weekly creative afternoon workshops and seminar discussions.

SRT utilises guided poetic images, hands-on partner work and movement explorations to encourage a letting go of habitual holding patterns and to explore ease, fluency and articulation of movement. Technical principles such as multi-directional alignment, suppleness, suspension, economy and autonomy are explored within a creative process.

The workshop is equally accessible to those experienced in SRT and to people who are new to the work.

Flat fee £340

Our programme is open to people of diverse physicalities and sensory modalities, allowing everyone to engage at their own chosen levels of energy, pace and scale of movement.

FOR PROGRAMME DETAILS AND ARTISTS BIOGRAPHIES VISIT: WWW.INDEPENDENTDANCE.CO.UK