

Improvising Contact Improvisation

intensive workshop with Benno Voorham

1st – 5th April, 10.30 – 16.30

at Moving East Centre for Dance, Martial Arts and Complementary Medicine
St Matthias Church Hall, Wordsworth Road, Stoke Newington,
London, N16 8DD



photographer: Marta Ankiersztejn

Contact Improvisation will be the common ground to continue and deepen our skills to come into a physical and kinaesthetic dialogue with others. By awakening our physical and sensory awareness we will bring mind and body into a state of readiness and receptiveness for dancing in a playful and spontaneous way. We will spend time in the mornings to work on various skills and explore the underlying principles of Contact Improvisation, playing with physical forces such as gravity, levity, momentum and inertia. In the afternoon we will work with different scores and structures for improvisation with a strong focus on developing a playful and subtle presence in our dancing.

"Being in the moment" will be our motto during this intensive workshop. We will play and create dances in which we use our imagination and creative potential. We will spend time to tune our bodies in movement, to develop a sense for 'being in the moment' from where we will dive into the realm of contact and improvisation.

Fully waged / Subsidised: £160

Part-time waged / Independent artist: £150

Unemployed / Full-time Student: £140

booking and further info: robert@contactimprovisation.co.uk

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In my work as a dance maker and improviser I am interested to explore the crossroads between dance, contact improvisation and theatre. Using the potential of the human body and contact improvisation to tell stories through movement in a non-literal way. videolink: http://www.youtube.com/watch?v=MA0xj_ug4No

Benno Voorham is a performer, choreographer and teacher from Holland, living in Stockholm since 1995. Since his graduation in 1986 from the School for New Dance Development in Amsterdam he has worked internationally as an independent dance-artist, directing his own work as well as collaborating with others in both set and improvised pieces. He was a member of the Greek dance-theatre company 'Wrong Movement' (1993-2007) and has worked as a dancer/actor at the City Theatre of Stockholm (2005–2007). He was a founding member of the international improvisation group 'Alternating Currents'. In recent years he has choreographed several works for children and youth. In both his teaching and performance work, he is interested in exploring the creative, narrative potentials of the human body through movement. He has won a distinctive reputation for his original brand of teaching and performing.