

S V E L T E

INTENSIVE WORKSHOP IN BODY WORK AND IN CONTACT IMPROVISATION

WITH ANDREW DE LOTBINIÈRE HARWOOD
artistic director of AHHA Productions

Fleur d'Asphalte Studio
6847 St Hubert, Montréal

11 & 12 of december 2010
11am à 6pm - Cost :\$120
100\$ BEFORE NOVEMBER 26TH 2010

In this workshop we will combine various approaches to body work (manipulations, massage techniques and alignment work) with the duet dance form known as contact Improvisation. The bodywork will facilitate opening and realigning the body and help cultivate economy, efficiency and freedom of movement.

Contact is a system of movement based on the communication between moving bodies and their combined relationship to the physical laws that govern their motion – gravity, momentum, energy and inertia. It is a free play with balance bringing forth a physical/emotional truth about a shared moment of movement that leaves participants informed, centered and enlivened. Practice includes rolling smoothly, falling safely, being upside down, supporting and giving weight effortlessly. Alertness is developed in order to work in an energetic state of physical disorientation, trusting in one's basic survival instincts.

Andrew de Lotbinière Harwood is an internationally recognized artist in the field of instantaneous choreography and contact improvisation, whose teaching and performing have been greatly appreciated for more than 35 years. His background includes studies in gymnastics, yoga, contemporary dance, release technique, compositional improvisation, and Aikido. He studied and performed with the founders of Contact Improvisation Steve Paxton, Nancy Stark Smith and Nita Little, and has also collaborated with Chris Aiken, Peter Bingham, Kirstie Simson, Ray Chung, Marc Boivin and Paula Zacharias. His work has been presented in many international festivals since 1980. He also danced for the companies of Jo Lechay, Marie Chouinard and Jean-Pierre Perreault. Andrew is the recipient of numerous grants and awards including the Jacqueline-Lemieux award for the year 2000.