

# Stage **Fusion** Workshop

**Contact-Improvisation et/and Skinner Releasing Technique  
avec / with Eryn Dace Trudell**

**11 ET 12 AVRIL 2008 - APRIL 11 AND 12 2008**

**Au/at Studio Lyne St-Roch**

**4416, boul. Saint-Laurent, # 103, angle Mt-Royal**

18h30 à 21h le vendredi + 15h30 à 18h le samedi

Ouvert à tous, apportez genouillères, papier et crayons

*6:30pm to 9pm on Friday + 3:30pm tp 6pm on Saturday*

*Open to all, bring knee pads, paper and crayons*

**45\$**

**À/to "Association de Contact-Improvisation", 873 Léonard, Ste-Thérèse, Qc, J7E 2N8**

**Inscription avant le 1er avril / *Registration before April 1rst (après/after : 55\$)***

**Information: 514-961-3771, [www.contactimpro.org](http://www.contactimpro.org)**

In this workshop we will use Skinner Releasing Technique to support and enhance our Contact Improvisation. We will explore principles of multi-directional and multi-dimensional alignment, suppleness, suspension, economy and autonomy. Most significantly, SRT imagery and music deepens the dance in the body. The dance resonates within us and carries us along on its journey. We allow ourselves to be danced.

