

following the fall



Sat., June 29, 2013. With Brando and Shaina Cantino, from Massachusetts. \$35. Studio 303, 372 St.Catherine West, 2-5pm.

Through informed touch and movement we will explore the mobility and strength of our hip sockets. We will utilize the lateral side of the thigh in creating momentum and dynamic pivot points. We will expand our capacity for low and high level falling while exploring strategies to use falling as a doorway into improvisation. We will develop skills for jumping and perching onto falling bodies. You will be amazed at how safe and grounded disorientation can be when explored with the right tools and anatomical trajectory.



Brando teaches and performs CI internationally and maintains a prolific YouTube site: <http://www.youtube.com/user/heybrandol>. He received his Masters Degree in Education from Smith College and is a teaching artist at Enchanted Circle Theater. He hosts Northampton's, "Valley Improvisational Dance and Music" (VIDAM) event bi-monthly. Brando has been actively engaged in the CI programming at Earthdance: Dance Retreat Center. There he has cultivated an event called CI Ground Research, an international platform for committed CI dancers to research the form. He has been published in the international dance journal Contact Quarterly and was a curator for CI's 36th anniversary event.



Shaina Cantino is a director, choreographer, teacher and performer currently completing her MFA in Dance at Smith College. Cantino is interested in how our bodies are vehicles for re-conceiving, through sensory perception, the dynamic relationship between our environments, communities, and art. Cantino is dedicated to engaging with collaborators, both trained and untrained in dance, to probe more deeply into the meetings and divergences of our perspectives and of what we find essential and potent.

Register in Advance. Space is limited. <http://followingthefall.eventbrite.ca/>

More info: info@flowmontreal.org, 514.969.5209

****Brando and Shaina will do a short performance at FLOW on June 28th, and Brando will DJ for the evening!**