

the animal body



**Sat., June 22, 2013. With Gabriel Forestieri, from NYC, \$40.
Espace 215, 215 Jean-Talon West. 5 - 10pm, with break for dinner.**

"I began to think about the animal body after a biking accident.

I was hit by two cars, flew off my bike, bounced into the car windshield, and upon landing on the ground, rolled up to standing. In those few seconds I could not think, it was my body that responded and responded perfectly. Afterwards, I continued to notice my most graceful and adept moments were when I wasn't thinking, only responding, when the intelligence of my body was free to act, uncompromised by editing or control."

This workshop uses several strategies to access this deep wisdom. Such as evolution and brain development, as well as somatic practices to generate alternate states, all tools to connect us deeply with this moment and the wisdom of the body. Contact, can be a mirror, giving feedback to the cellular state and allowing for a holistic perception of self. I personally include the space and the others in the room in my practice, so I am never in a solo or a duet, but working ensemble, no matter who or what I am actually touching.

GABRIEL has been fascinated by the body since he was born. A love of movement from dance, anatomy, massage, evolution, martial arts, yoga, and gyrokinesis all contribute to his teaching style. He has been practicing CI since 1997 and Teaching since 2002. Gabriel has taught dance at Juilliard, Movement Research, 100 Grand, Carnegie Mellon University, Hollins University, Joffrey Ballet School, The Movement Invention Project in New Jersey, and at New York University. Internationally he has taught at Dance festivals in Brazil, Italy, and Germany as the Choreographer/Director of projectLIMB he is intent on connecting communities with their landscape, resources, and each other.
www.projectlimb.net.



Register in advance. Space is limited: <http://theanimalbody.eventbrite.ca/>
For more information, contact Solomon: info@flowmontreal.org, 514.969.5209.

**Gabriel will be performing with Catherine Lessard, Nicoletta Dolce, Sébastien Provencher, Marijoe Foucher & Co. on June 23, 4pm at UQAM Dance Dept, studio K115.