

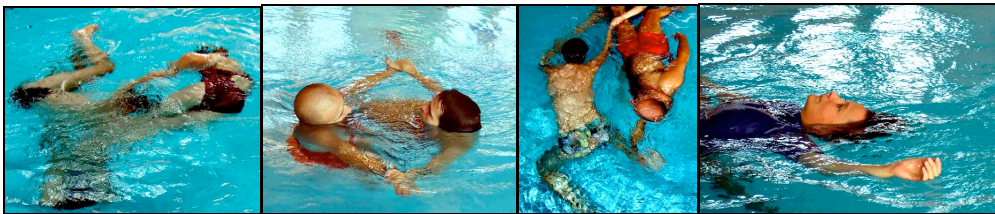
Earth- and waterdance

Contact improvisation in water

Contact improvisation is a partner dance form emerging from sharing physical contact in a playful cooperative way. The movers let the physical forces such as mass, momentum, friction or inertia lead them into the unknown. As no one decides where to go, they engage deeply in a non verbal communication, where they listen to which dance wants to grow at the present moment. This a great experience of abandon and presence on the physical, emotional and spiritual level!

In this workshop you can discover the magic of improvisation mostly in water but also on earth, so that you will deal with the natural force of both elements. **The warm water** invites you to let go and to experiment an organic and fluid way of moving. You learn how to play with its resistance and dynamic, how to transition between following the waves and making soft and clear propositions. You go into aquatic and subaquatic explorations, experience effortless breathing and play with the balance between weight and weightlessness. On land you also learn how to let yourself fall, how to stay in graceful flow or dynamic stillness, falling into motion.

Approach: you will mainly learn improvisation principles and ways to offer a good and safe support in movement. There will be lots space for duets and group dance, in music or in silence.



Manuela Blanchard (1973, from Switzerland) has taught contact improvisation and new dance for the past 5 years after having trained intensively and performed in synchronised swimming, dance, physical theatre and clown and for the past 20 years. Discovering improvised dance touched a very profound core in her, and led her to meet great teachers and to continue to explore the form with others. Manuela is also a water body therapist, trained in “Water Dance” and “Healing Dance”. Her love for contact improvisation and aquatic bodywork has brought her to teach regularly contact dance in water, in Switzerland and abroad.



Goa, 10th -13th March 2010

Where : Goa, West India (taught in English)

When : 10th-13th March, 2010, 4 afternoon /evening courses

Price / registration : €120. Places can be reserved up to 14 days and are confirmed by the payment of a €90 deposit. Please book through the website: www.watsugoa.com

Contact : manou.blanchard@bluewin.ch (about class) and info@watsugoa.com (about Goa and registration). See www.earthandwaterdance.com

