

Manuela Blanchard Russi

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Aquatic body work, Bodywork and Therapy

- **WATSU® (WaterShiatsu) & Waterdance (WATA®) practitioner** and "Healing Dance®" (basic + advanced+"Shape & Space", "Above & Below"+ supervision), more than 1000 hours water training + 1000h land/process work / anatomy...
- Other bodyworks: **Esalen® (Californian) Massage practitioner** + Some Shiatsu basics
- "**Learning Love**" Training and seminars, work with the Inner Child, Non violent communication, Shamanism, Tantra, experience as work counsellor, Gestalt therapy, etc.

Teaching and other work fiels

- Contact improvisation:

CI workshops and classes since 2004 in co-teaching and on my own in Switzerland, Israel, France, Spain, Germany, Russia, Japan, etc. (also classes in contact festivals)

- New Dance / instant composition:

Co-teaching with Adrian Russi in Berne once a week in an evening class and workshops since 2005

- **CI Dance in Water** and **improvised dance in nature** (Workshops in Switzerland, France, Russia, Israel, Greece, Thailand and India, since 2007)

- **Project Management and adult professional training** and 10 years work experience as an NGO leader in the immigration field.

Other dance activities (improvisation and CI)

- Co-organising the international Bernese Jam, Research improvisation/ performance project since 2009 and supporting ECITE 2012. Previously organising a monthly CI jam in Lausanne 2004-2007.

- Regular improvisation trainings with several groups of dancers (New Dance) and a group of physical theatre people in Bern between 2000-2010.

Dance and contact improvisation training

In 2000, discovery of improvisation, instant composition and contact improvisation. Since then, intensive practice: several classes a week, workshops, projects and jams in Switzerland and abroad.

Most important CI and improvisation teachers:

- Adrian Russi, Steve Paxton, Nancy Stark Smith, Kirstie Simson, Andrew Harwood, Martin Keogh, Kurt Koegel, Dieter Heitkamp, Julyan Hamilton, Bonnie Bainbridge Cohen, Adam Benjamin, Lilo Stahl, Scott Wells, Jess Curtis, Chris Lechner, Jörg Hassmann, Urs Stauffer, and so on...

Other somatic and artistic experience

- **Dance performances** (improvisation: solo, duet and group) in Switzerland, Freiburg (D), Ibiza, Israel, St Petersburg and Moscow
- Butoh, Feldenkrais, Body Mind Centering (several modules by SOMA), physical theatre, 5 Rythms, Tango, Continuum Movement, Iengar Yoga, Acroyoga, Gaga 2006-2016
- Clown voice workshops, dance therapy and rhythm improvisation, 2000-2005
- Jazz, modern, african and contemporary dance, regular training and several dance shows, 1989-99
- Theatre pieces, musicals and cabaret shows as a teenager
- Gymnastics and synchronised swimming (respectively 2 and 3 years, as a teenager)



Attachment: my classes in Contact Festivals, past and scheduled:

Moscow Contact Festival 2008, « Clever hands » (2 classes) & 2010,
« Dance with the Earth »

Göttingen « contact meets contemporary », 2009, « Dynamic Trios »

Israel Waterfestival 2010, CI on land+ in water (4 classes)

Cadaquès Contact Festival 2010, « Touch my dance » (2 classes), « Dance with the Earth »

Israel Contact Festival 2010, « Touch my dance » (2 classes) + evening pool party (CI in water)

Grenoble 2010, 1001 Festival « Jeux de mains, du massage au CI » and 2015 (morning active meditations, 3 classes)

Fuerteventura Contact Festival 2011, « Dance with the Earth » + outdoor jam

Ibiza Contact Festival 2011, « Earth- and Waterdance»

« In Touch » Ibiza 2011, « Earth- and Waterdance» (3 Classes)

Creta Contact Festival 2011, « Human Plants », Nature Contact intensive (7 days)

Thailand Contact Festival 2012, « Earth-and Waterdance », intensive (8 days) & 2013, « Earth-and Waterdance », intensive (8 days)

Japan Contact Festival 2012, « Trusting the unknown of our dance » (3 classes)

Contact Festival Freiburg 2012, « Earth- and Waterdance»

Tempelhof Contactfestival 2014 & 2015, « Trio und mehr » (3 classes), « Dance with the Earth » (2 classes)