

# *LIGHTNESS & FLOW*

An underwater photograph of two women in a swimming pool. The woman in the foreground is wearing a dark, sleeveless swimsuit and has her arms outstretched horizontally. The woman behind her is wearing patterned leggings and a dark top, also with her arms outstretched. The water is clear blue, and the pool floor is tiled. Light rays and bubbles are visible in the water.

*Contact Improvisation  
im Wasser & im Studio*

*29.-30. September 2018  
in Bern (CH)*

*Mit Manuela Blanchard*

# ~ LIGHTNESS & FLOW ~

*Contact Improvisation im Wasser & im Studio in Bern, 29.-30. September 2018*

Dance has always been motivated by the yearning to overcome gravity, to fly and to conquer space. In this workshop, we will travel between weight and weightlessness and explore fluid and smooth movement qualities in various elements. The game of gravity, momentum and counterbalance brings us in dialogue with our partners in moments of effortless flying and safe falling through the space. Contact improvisation and bodywork in water / in the studio, floating in the arms of a partner or flying on their body, help us to find relaxation and confidence in a constantly shifting world.

**In the studio :** Through Contact Improvisation on land, we find more mobility in the body and release in movement. We access a deep grounding and sense of flow below that gives vitality to the whole body, a fluidity in our dance and in our everyday life.

**In the pool :** Warm water invites you to let go and to experience an organic and fluid way of moving, following the waves and spirals of the dance growing in the present moment. Your breathing naturally slows down and gets deeper and effortless. Your floating body remembers the three dimensional playground of the womb and enjoys a world of levity with an ecstatic sense of freedom. Water is an amazingly transformative element, that enables to go on an emotional/spiritual journey into a profound state of relaxation.

**Manuela Blanchard** (Switzerland) is a WATSU®, WaterDance® and Esalen Massage® Practitioner and a Dance teacher in studios, water and nature. Her fascination for an organic and expressive quality of movement led her to Contemporary Dance, Body Mind Centering, Butoh and Authentic Movement. Contact Improvisation and New Dance has shown her what she wants to deepen and convey : how everyone can connect with his/her essence, and what leads into liveliness, authenticity, presence and openness. She has developed « Contact improvisation in water» as an integration of her different dance experiences and has taught since 2007 in Switzerland and internationally since 2009. More on [www.earthandwaterdance.com](http://www.earthandwaterdance.com)

---

**Ort/ Lieu:** Inselspital (privates Bad /bain thérapie privé, 34°C) & Gartenraum, Schanzeneckstr. 25 (5' de la gare/ vom Bahnhof Bern – Schweiz), Schlafmöglichkeit im Studio (on peut dormir dans le studio).

**Zeit/ Horaire:** 29.-30. September. Sam. : 13:30-16:00 im Studio & 17:30-20:30 im Bad/piscine.  
Sonntag/dimanche 10:00-13:00 im Bad/ piscine & 14:30-17:00 im Studio.

**Preis/ Prix :** 200 CHF mit Anmeldung & Anzahlung von 80 CHF  
avec inscriptions et arrhes jusqu'au/ bis am 15. September, dann / puis 220 CHF.

**Information & Registrierung/ inscription :** +41 (0) 79 641 91 19, [manou.blanchard@bluewin.ch](mailto:manou.blanchard@bluewin.ch)  
Beschreibung auf deutsch / description en français sur :

**[www.earthandwaterdance.com](http://www.earthandwaterdance.com) : descriptions, videos & pictures in ENGL/ DE/ FR/ IT)**