

- Intensives**
- 1st 2nd choice
- intensive 1 - Andrew Harwood
  - intensive 2 - Carol Swann
  - intensive 3 - Lucia Walker
  - intensive 4 - Rick Nodin

- accommodation**
- I sleep in the gym hall | own tent (for free)
  - I offer private housing and receive ~10 Euro per night
  - I want to reserve a double room in the hotel (~20 Euro per person and night)

- payment**
- 230.- Euro
  - 80.- Euro deposit/Anzahlung
  - money transfer to Benno Enderlein • account 25 12 65 05
  - Volksbank Freiburg • bank 680 900 00
  - BIC: GENODE61FR1 • IBAN: DE44 6809 0000 0025 1265 05
  - per Euro-cheque

name \_\_\_\_\_

address \_\_\_\_\_

phone \_\_\_\_\_

email  I don't want my email on the address list! Only use for information transfer between the organizers and myself.

Die Anmeldung ist rechtsverbindlich und verpflichtet zur Überweisung der Anzahlung von 80 Euro oder der vollen Teilnahmegebühr. Bei Abmeldung bis zum 24. Juli werden wir 30 Euro Bearbeitungsgebühr einbehalten, bei späterer Abmeldung die gesamte Anzahlungsgebühr von 80 Euro.

Your registration is legally valid upon receipt of a deposit of 80 Euro (or full price, 230 Euro). If you cancel before July 24<sup>th</sup> we will retain 30 Euro for our effort. If you cancel later we keep the whole deposit of 80 Euro. Registration is also possible via internet. [www.contactfestival.de](http://www.contactfestival.de)

Participation is at my own risk. I recognize that the organizers and teachers are not liable for any damages or injuries!

date \_\_\_\_\_ sign \_\_\_\_\_



Liebe

ContacterInnen!

Wir freuen uns, dass das „contactfestival freiburg“ weiterhin einen so guten Anklang findet. Es unterstützt einen lebendigen Austausch innerhalb der Tanzform Contact Improvisation. Um kreativ zu bleiben und Eure Wünsche und Ideen mit einzubeziehen, gibt es auch dieses Jahr Veränderungen in der Struktur.

Das Festival ist dieses Jahr ein Tag länger und es werden 4 Intensivs angeboten. Dadurch gibt es einen ganzen Nachmittag frei mit viel Möglichkeiten für Euch zum kreativen Austausch und zum experimentieren.

Im Programm sind wieder 22 internationale Contactlehrer, one2one-sessions, offene Jams, Diskussionen und Vorträge mit den fast 200 Contactern aus aller Welt. Daneben gibt es auch wieder die Möglichkeit die naturnahe Umgebung der 5 Sporthallen und den Badensee zu genießen.

Andrew Harwood und Judit Keri bieten ausserdem vor dem Festival, vom 29. Juli - 3. August, einen Workshop in Contact Improvisation an. (Mehr darüber auf unserer Webseite.)

In gespannter Vorfreude und lieben Grüßen

Dear

Contact Improvisers!

We are very happy that the „contactfestival freiburg“ still finds such a broad appreciation. The Festival provides a vivid exchange within the dance form Contact Improvisation.

Again we will have some changes in the structure, to keep the creativity and to include your wishes and ideas. Now there will be 4 Intensives and one extra day. This gives the possibility for creative exploration on Wednesday afternoon.

The program contains 22 international contact teachers, one2one-sessions with a teacher of your choice, open jams, discussions, lectures, and all kinds of exchange with almost 200 contacters from around the world. Besides that there is the possibility to enjoy the natural area and lake, which is very close to our location with its 5 gym halls.

As well there will be a workshop with Andrew Harwood and Judit Keri, before the festival: July 29th - August 3rd. (See our website for more information)

Hope to see you there!

The team

Barbara Eckhard Benno

WELCOME

7. - 13. August

contactfestival freiburg 2006

| studio                                | time                                      | Monday<br>07.08.06                                       | Tuesday<br>08.08.06                            | Wednesday<br>09.08.06   | Thursday<br>10.08.06                             | Friday<br>11.08.06                             | Saturday<br>12.08.06  | Sunday<br>13.08.06             |
|---------------------------------------|---|--|--|---|--|--|---|--------------------------------|
| 9 - 10 Uhr breakfast                  |   |  |  |   |  |  |   |                                |
| 1                                     | 10.30 - 12.30 Uhr                         | Andrew de Lotbinière Harwood                             |  |   | Less intention - more attention <sup>Δ</sup>     |  |   | warm up<br>Rick Nodin          |
| 2                                     |   | Carol Swann  |  |   | The improvisation of Contact <sup>○</sup>        |  |   |                                |
| 3                                     |   | Lucia Walker   |  |   | Playing with principles <sup>*○</sup>            |  |   |                                |
| 4                                     |   | Rick Nodin   |  |   | Skills for free falling <sup>Δ</sup>             |  |   |                                |
| 12.30 - 14 Uhr break                  |   |  |  |   |  |  |   |                                |
| 1                                     | 14 - 16 Uhr                               | Leilani Weiss<br>Activi communication <sup>*</sup>       |  | Samantha Pienaar<br>Lanon Carl Prigge<br>Ground rules <sup>*Δ</sup> |  | Eckhard Müller<br>Follow the flow <sup>Δ</sup> | Pipaluk Supernova<br>Aerial Contact <sup>Δ</sup>            | 15.00<br>big circle<br>closing |
| 2                                     |   | Juha Viitamäki<br>Contact Capoeira mix <sup>Δ</sup>      |  | Claire Filmon +<br>Stéphane<br>Easy and confident <sup>○</sup>      | experimental                                     | Esther Berias<br>Space <sup>Δ</sup>            | Hillary B. Firestone<br>The skin you're in ... <sup>○</sup> |                                |
| 3                                     |   | Judit Keri<br>Rooted to fly <sup>○</sup>                 |  | Javier Cura<br>The obvious invisible <sup>○</sup>                   |  | Martina Allgäuer<br>Blind date <sup>*○</sup>   | Isabelle Uski<br>Expanding from the core <sup>Δ</sup>       |                                |
| 16 - 16.30 Uhr break                  |   |  |  |   |  |  |   |                                |
| 1                                     | 16.30 - 18.30 Uhr                         | ab 18 Uhr<br>arrival<br>registration<br>dinner           | Malin Anclair<br>Dancing Contact <sup>*○</sup> |   | Erica Kaufman<br>Beginners pathway <sup>*○</sup> | Jam<br>with warm up                            | Karl Gillick<br>Suspended <sup>Δ</sup>                      | Jam                            |
| 2                                     |   | Sebastián Garcia Ferro<br>Meeting the floor <sup>Δ</sup> |  | Mirva Makinen<br>CI & imagination <sup>○</sup>                      | Jam  |  |   |                                |
| 3                                     |   | Daniel Werner<br>Chigong + Tai Chi into CI <sup>○</sup>  |  | Danya Elraz<br>I fly! <sup>Δ</sup>                                  |  |  | one2one-sessions  |                                |
| 18.30 - 19.30 Uhr dinner              |   |  |  |   |  |  |   |                                |
| 1                                     | ab 20 Uhr                                 | ab 20 Uhr<br>welcoming                                   | big circle                                     |   | Performance<br>Jam                               | History talk<br>A. Harwood + C. Swann          | Performance   |                                |
| 2                                     |   | warm up<br>Lucia<br>Walker                               | Jam  |   |  |  | Jam   | Jam                            |
| 3                                     |   | Jam  | Silent Jam                                     |   |  |  | Jam with live music   | Jam                            |
| open for guests contribution: 5 Euro! |   |  |  |   |  |  |   |                                |
| 4                                     | space for bodywork in silence from 1pm on |  |  |   |  |  | <sup>*</sup> beginners                                      |                                |
| 5                                     | dormitory                                 |  |  |   |  |  | <sup>Δ</sup> intermediate                                   |                                |
|                                       |   |  |  |   |  | <sup>Δ</sup> advanced                          |   |                                |
|                                       |   |  |  |   |  | <sup>○</sup> all levels                        |   |                                |

photo: B. Stahlberger  
dancer: E. Seidel, M. Elste

\*schedulesubjects to modifications

- intensives:** choose one intensive at the registration (2<sup>nd</sup> choice if the first is already full)
- classes:** 2h-classes you choose at the festival
- one2one-session:** you can get a one2one-session (~20 min.) with a class teacher of your choice for free
- talk'n rolls:** bring in your own themes for talking and moving
- performance:** space to watch and show
- Unterrichtssprache ist Englisch!  
The classes will be taught in english!

**accommodation/Unterkunft:**  
Für Teilnehmer steht zur Übernachtung eine Halle zur Verfügung und es gibt Platz zum zelten. Ein nahegelegenes Hotel bietet eine begrenzte Anzahl von Doppelzimmern für 20 Euro pro Nacht und Person. There is one hall for accommodation and space for camping for free. There is also the possibility of a small amount of double rooms in a nearby hotel, for 20 Euro per person and night.

**food/essen:**  
Die vegetarische Vollverpflegung wird vor Ort organisiert und ist im Preis von 230 Euro inbegriffen. All meals are included in the fee. Meals are vegetarian.

**registration/Anmeldung:**  
Your registration is legally valid upon receipt of a deposit of 80 Euro (or full price, 230 Euro). Die Anmeldung ist rechtsverbindlich und verpflichtet zur Überweisung der Anzahlung von 80 Euro oder der vollen Teilnahmegebühr. If you cancel before July 24<sup>th</sup> we will retain 30 Euro for our effort. If you cancel later we keep the whole deposit. Registration is also possible via internet.

**contactfestival freiburg**  
7.- 13. August 2006

c/o Barbara Stahlberger | Marktstr. 9 | D-76185 Karlsruhe

Benno Enderlein: 0049 - (0)761 - 7 07 85 33  
Eckhard Müller: France 0033 - (0)3 - 88 36 18 60  
Barbara Stahlberger: mobile 0049 - (0)178 - 6 07 36 73

internet: [www.contactfestival.de](http://www.contactfestival.de) | email: [info@contactfestival.de](mailto:info@contactfestival.de)

account: Benno Enderlein KoNr 25 12 65 05  
bank: Volksbank Freiburg BLZ 680 900 00  
swift code: BIC: GENODE61FR1 IBAN: DE44 6809 0000 0025 1265 05

Design by Barbara Stahlberger

info

# intensives

**Andrew de Lotbinière Harwood** is a leading international teacher, performer and creator in the field of dance improvisation and contact improvisation since 1975. He has collaborated with many renowned dance artists including Steve Paxton, Nancy Stark Smith, Kirsie Simson, Ray Chung, Chris Aiken and Benoit Lachambre, among others. He was awarded the *Canada Council's Jacqueline Lemieux award* in 2000.

CAN

**Less intention – more attention.** Cultivating the right attitude is essential in creating open and flowing communication between all partners. Being completely attentive in each and every moment will enable us to go beyond thinking our way through the dance and help us be attuned to what is actually taking place. This complete presence allows us to be freed of the mental chatter, planning ahead, and judgment, which so often overrides the bodies ability to make appropriate choices. In this way the dance can be fully physical, surprising and filled with enjoyment.

**Carol Swann** is a teacher, private practitioner, facilitator, performer and visionary. She has been teaching and performing movement and vocal related work for over twenty years in the U. S. and Europe. She is co-founder, teacher and Director of *Moving On Center-School of Participatory Arts and Somatic Research* in Berkeley, California. She maintains a private practice in Hakomi/Process Work Somatic Therapy, Alexander Technique, teaches Voice, Contact Improvisation, and Group Process.

USA

**The improvisation of Contact.** There is the Contact „technique“ and there is the „Improvisation“. They are so interdependent as a whole that we may wonder, what's to separate? I would say that the principles of the technique are very specific and identifiable but the Improvisation, at a more finely tuned level is dependent on the practitioners level of inquiry and exploration of „Improvisation“ itself. We will work with the Contact duet as the primary focus and use the basic principles of the „technique“ as the support ground. Research beyond the „technique“ will involve asking questions and looking into the vast possibilities of more specific Improvisational expression.

O

**Lucia Walker** travels and teaches internationally, exploring a lifelong delight in movement and communication. She has been learning, teaching and practising Contact Improvisation since 1984. In 1987 she qualified as a teacher of Alexander Technique working with individuals, groups and trainee teachers. Attention, vitality and curiosity are central to her work as a teacher and a performer.

GB

**Playing with principles.** We will allow dancing to develop from the interplay of balance, gravity, momentum, weight, touch and intention. There will be opportunity to access your natural playfulness, sensory awareness and ease of movement and to recognise how your state of mind affects your dancing. A particular focus will be on observing the movement of our attention so we can develop a consistent quality of connection with ourselves, the dance, other people and the space. The intention is to develop our abilities to be both soft and strong, supported and supportive, active and responsive.

\*

**Rick Nodin** has always danced enthusiastically, and he started taking dance classes in the late 80's. Contact Improvisation has been a discipline for him for 15 years and he currently teaches composition and improvisation at *London Contemporary Dance School*.

USA/GB

**Skills for free falling.** The first hour of class will be solo work, starting with simple floor patterns which facilitate efficient movement in relation to the floor. We then move across the space practicing phrases which support the skills of the Contact Improviser. Forward, side and backward rolls, dives, knee slides, handstands, off axis patterns and floor surfing. In the second hour we will take these skills and patterns into contact dances, exploring the subtlety required to achieve the more acrobatic aspects of contact. Ultimately we will open space to fall, fly and release as we dance together with risk, humour and a vigorous physicality.

Q

# classes

## Tuesday

**Leilani Weis** works with CI teaching, researching and creating moving pieces. Organizes *LunatiContact* events and is co-founder and art director of *Central de Movimiento Company*. She is teaching in America Latina, USA and Europe. Hers is an ongoing learning experience throughout the fundamentals of CI. **RCH/I Activ Communication.** The clear communication through weight is a save place in a CI dance, fully of trust where things can happen surprising ourselves and the others. We will work on the moment where this communication happens and how our body re-organizes itself to respond in an efficient way to it. Pouring weight and finding the activation to get into a constant moving exchange.

RCH/I

\*

**Juha Viitamäki** moved into Contact from Aikido and Capoeira eight years ago. He is now living and exploring in Helsinki. **Contact Capoeira Mix.** We will try different Capoeira focuses into Contact dance. Capoeira is a Brazilian born ethnic dancing-fighting play-game-ritual, in which most of the movements are circular and have great potential concerning Contact... No experience in Capoeira is required... We will aim at an interplay between Contact softness and listening, and the more abrupt and angular Capoeira dancing-fighting. How to gently ‚attack‘ into dance with Contact or Capoeira? And how to receive and soften someone's playful ‚attack‘ into a spiral form and dance?

FIN

Q

**Judit Keri** is a Hungarian dancer, performer and an experienced english and german speaking teacher in dance, theatre, yoga and meditation. Over the last 10 years, she has been teaching and performing in Europe, Israel and in Canada. **H Rooted to fly.** We are going to warm up together physically, mentally, emotionally and spiritually to be ready to express ourselves fully and to be ready to meet others. We are going to pay special attention to gravity, to our center and stability. We will grow strong roots and send them deep to be able to fly, to fall, to catch, to support... We are also going to work with the spine, the centre and our periphery. Relaxed, gentle, easy... connected before we take off...

H

O

**Malin Anclair** works as a dancer, choreographer and teacher. Malin is one of the "fire souls" in Stockholm working with spreading the form CI, by organizing jams, seminars, workshop and doing performances in Sweden and the Nordic countries. **S Dancing CI.** The main focus is to find the dance and flow in CI. In order to do that we will go through some of the basic fundamentals of CI, gravity and support, rolling point of contact, as well as a soft movement quality. With increasing knowledge of the skills transformed into dance, you will be able to find the flow and develop your own contact dance in the meeting with others.

S

\* O

**Sebastián García Ferro** is a choreographer, dancer and Contact Improvisation performer. He studied CI with Andrew Harwood, Nancy Stark Smith, Chris Aiken among others. Contemporary Dance with Ted Stoffer, Peter Mika, Martin Kilvady among others and different scenic techniques. **RA/E Meeting the floor.** We will explore different ways to go, fall and land on the floor, in solos, duets and groups, awakening ours reflexes and perception, with aikido elements in Contact Improvisation and the way to expand skills in our dance and improvisation.

RA/E

O

**Daniel Werner.** I work as a dancer, performer and teacher for dance, Qigong and Tai Chi. I love to deeply explore the connections of body and mind, taking what the moment brings up, playing around with eastern and western methods and disciplines. **D Qigong and Tai Chi into CI.** We will use principles from Qigong/Tai Chi to accumulate presence (mind) and energy in the center of the body, between navel and pelvis, and initiate movement from there. Going into CI we will start center to center, practise keeping the contact and also stillness inside, while we play with different dynamics... explore/experience/play around.

O

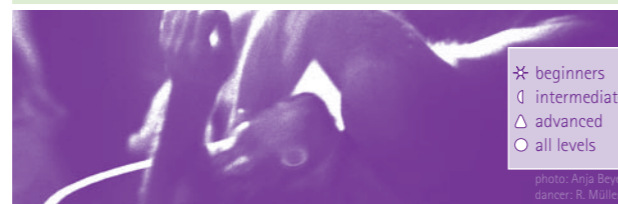


photo: Anja Beyer dancer: R. Müller

- \* beginners
- Q intermediate
- Δ advanced
- O all levels

## Wednesday

**Samantha Pienaar and Lanon Carl Prigge** have performed and choreographed extensively in South Africa and been involved in researching, teaching and writing about expressive movement and Contact Improvisation for over 15 years. They have facilitated numerous workshops together drawing from their combined skills in gymnastics, partnering work, release technique and improvisation. **ZA Ground rules.** This workshop uses basic structured improvisations to systematically work through fundamental principles of Contact Improvisation, including: floor work, responding to impulse, giving/receiving weight, fall and recovery. Participants will work with one partner only to enhance levels of trust and confidence.

ZA

\*

**Claire Filmon:** Dancer, teacher & performer, creates improvisations and performed with, among others, Simone Forti, Nancy S. Smith. She teaches Impro and CI in Europe and beyond. (www.clairefilmon.com & asphodele-dances.com). **Stéphane** practices CI since a few years, has taught and performed in Europe. He organizes CI & Impro projects, and now „projet D'ICI „ with Claire, in Paris (www.projetdici.com). **F Easy and Confident.** Tuning more with the partner, listening to the smallest variations, finding moments of suspension... Our ideal would be –as always– to move in the blindness like with eyes opened, and in the brightness like with eyes closed. Challenging ourselves to keep this quality and quietness, even in the speed & disorientation, remaining precise, relaxed in all circumstances...

F

O

**Javier Cura** studied Modern Literature in Bs. As., besides Martial Arts, Yoga and Drama. Within the Fine Arts he created art exhibitions of objects, sculptures and instalations. He has directed and created drama shows in Argentina, Colombia, USA, Italy and Indonesia. **RA/I The obvious invisible:** We can perceive movement as a dynamic combination of centripetal and centrifugal forces that go to and outward our center. Consciously working on the physical, sensitive and emotional perception of this dynamic forces may help to recover a lost animal harmony, and is a mean to spontaneous metamorphosis. We will share this principle as a whole through elements of martial arts, athletics and drama.

RA/I

O

**Erica Kaufman** is a passionate CI-dancer. She grew up in Israel, where she became committed to movement experimentation, yoga & CI as a vehicle of discovery and non-verbal communication. She has taught & performed CI in the US & Europe since '88. She teaches at Penn State Univ. & Juniata College & directs the *Lila Yoga Institute* in Colorado. **USA Beginners Pathway.** Working with our eyes closed, we will focus on spontaneous kinetic negotiations in space, with gravity & between partners. Emphasis on quieting the mind to become alert & responsive; living in full un-interrupted consciousness, free of definitions & open to fly.

USA

\*

**Mirva Makinen** is 31 years old professional dancer, danceteacher and choreographer from Finland. She holds masters in art of Dance from *Theatre Academy* of Finland and masters of Physical Education from *University of Jyväskylä*, Finland. She has pursuit CI, dance and movement by studying, teaching, performing and practicing in past twelve years. **FIN CI and imagination.** How to discover space inside, outside and around me. How to find softness and strength to our dance? How to change or break the rules while improvising together? Learning CI through different images. Imagine, play and find a flow to dance. Task is to realize where my focus is while I am dancing CI.

FIN

O

**Danya Elraz** is a well known CI teacher and organizer in Israel. She has taught and performed in Israel, Poland, Canada and the USA, has premiered pieces in the different festivals and has won various prizes for her work. In her work, Danya combines somatic principles with a deep curiosity how all this connects to our personal development and our presence in the world. **IL I fly!** Are you interested in flying and expanding your movement repertoire? By using Bartenieff Fundamentals and Developmental Movement, we will start from listening to the gentle dynamics of the dance, and then continue into lifting and allowing ourselves to be lifted. How can I leave the floor without fear? How am I stopping the movement? How can the use of my eyes help? Lets dance and have some fun!!

IL

\*Q

## Guest Artists:

**Andreas Bennetzen,** plays electric double bass. A classical musician diving deep into rhythmical spheres and improvising with dancers.

DK

**Thomas Joergensen,** light designer and installation artist, will transform our dance ambiances.

DK

# class descriptions

# classes

## Friday

**Eckhard Müller** is enthusiastically dancing and performing contact since 1988 without any stop. In his teaching he is playfully searching for depth in understanding the basical skills and using their potential. As co founder of the annual contactfestival freiburg and as international teacher he is supporting the CI network all over the world. **D/F Follow the flow.** Releasing into the knowledge of the basic contact skills, we give trust into the intelligence of our bodies. We listen to the physical forces like gravity and momentum, we support and follow them, changing the momentum into new directions.

D/F

Q

**Ester Berias** studied New Dance and choreography at the S.N.D.O. (Amsterdam/NL) and dance paedagogics in Germany. She teaches CI since 1997. She works as a dance teacher, performer and choreographer in Germany, the Netherlands, Mexico and Sweden. Her main interest lays in improvisation and CI as an artform as well as a way of living. **D SPACE as a second partner.** This class focuses on the use of space while dancing CI. We will practise space awareness and conscious spatial decision making. How can we travel through space (=locomote) while being in touch with our partner? We will look at spacious ways of lifting as e. g. using horizontal planes for lifts, non-static lifts and ways how the supporter can stay mobile while taking weight.

D

Q

**Martina Allgäuer** lives and dances in Freiburg since 1992. She studied at the Freiburg New Dance School. She's teaching CI since 1997. She's a psychologist and dance therapist. **D Blinde Date.** What happens to our dance, if we completely cut out our sense of vision? We become deeply rooted in our kinaesthetic sense (touch, visceral information). The potential of our healthy reflexes, body wisdom and natural creativity can take over. We'll dance our way into a blindfold world with a supporting partner, later in trios and small groups. Dancing without knowing who we dance with, permits very easily to go beyond limitations, we can enjoy our dance without judgement, making it richer and safer.

D

Q

\* O

## Saturday

**Pipaluk Supernova,** dancer, choreographer and artist. She creates performances, music, installations and events, experimenting and investigating taking Contact Improvisation into other realms. **DK Aerial Contact.** Explore the flow of weight and extension in aerial solo and partner work. (With ropes and harnesses). This class is a challenge to our sense of gravity and motion, a creative process of discovery, of observing the simple undisturbed movement of weight and body creating images of great beauty. Co-pilot: Karl Gillick. (max. 25 people)

DK

Q

**Hillary Blake Firestone** dancer, choreographer & teacher, is faculty at the SNDO, gives open classes & workshops, & makes performances with her company, *MegaSubtle*. **USA/NL The skin you're in ...** Your skin: largest organ of the body, interface between you & the world, entrance & site of our contact dancing. This class considers the skin as highly-porous envelope of the body, a vehicle for exchange of inspiration & information. Practicing skills that open the body's various surfaces allows weight to pour freely. Working in light touch builds sensitivity for reading our partners. Thus we experience the immense variety of dynamics created by shifting textures of touch.

USA/NL

O

**Isabelle Uski** has been dancing and involved in improvisation since 91. Discovering CI, she embraced its physical, social and philosophical wonders. In 2002 she questioned Touch in CI for a Master's thesis. She developed her teaching in Paris (and elsewhere in France / EU / South America) and is now eagerly helping CI to grow in Grenoble (Alps). She also works with voice, Authentic Movement, Qi Gong. **F Expanding from the core(s).** This class will offer tools to explore expansion within the body, the dance and the sharing of weight. Arising from a deep connection with the earth, with our partner and with our self, the subtlety of expansion will allow us to find ease, to breath, to travel.

F

Q

**Karl Gillick,** Born in Frankfurt and raised in Southern California, Karl moved north to study canopy biology, researching epiphytes in treetops from Alaska to Taiwan to Costa Rica. Karl has been using his rock climbing skills to fuse aerial dance and CI since 1998 and has been teaching CI/aerial since 2002. He now creates performances suspending dancers and objects in USA and Europe. **USA Suspended!** Aerial contact with blindfolds. We suspend our sight (using blindfolds) and our bodies (using ropes, harnesses and slings), to meet our selves, our surroundings and our dance partners from a new perspective.

USA

Q



photo: Barbara Stahlberger

7. – 13. August  
2006