

**WHAT
MOVES
US
AND
WHY?
DANCE
IMPROVISATION
WORKSHOP
WITH
KIRSTIE
SIMSON**

**22. BIS 25. JUNI
MÜNCHEN**



WHAT MOVES US AND WHY? DANCE IMPROVISATION WORKSHOP WITH KIRSTIE SIMSON

This workshop is an opportunity to engage with Kirstie and her passionate interest in the liberating experience of dance improvisation, and the exploration of freedom.

What moves us and why? There is deep inspiration and rigor in a practice of improvisation that posits vulnerability at its heart. Developing the skills to be able to care for, engage, respect and respond to that state of vulnerability in oneself and others gives life to improvisation that is powerful and transformative.

This is the work that Kirstie engenders through facilitated exercises, open time for play and exploration, movement scores, observations and discussion. Much of the work is experienced through partnering and connection with others, balanced with solo time for processing and reflection. Kirstie shares the movement practices and underlying philosophies she has developed over forty years of teaching dance improvisation. Kirstie draws from her knowledge of Contact Improvisation, dance techniques, the Alexander technique, Aikido, meditation and her extensive experience of improvisation in performance. Her work explores the huge potential of the body's response to the primal urge to move, inspired by the energy released through human interaction, physical challenge and a daring to go beyond inherent ideas of limitation.

Zeit: 22. bis 25. Juni, 10 bis 14 h

Ort: Tanztendenz München e.V., Lindwurmstraße 88,
80337 München

Kosten: 210,- bis 180,- Euro (per Selbsteinschätzung)

Level: Bewegungserfahrung

Unterrichtssprache: Englisch

Anmeldung: Heidi Schnirch, h13sch8@yahoo.de

Geplant ist eine Studioperformance mit Kirstie Simson,
genauere Infos dazu ab Juni über www.judithhummel.com
sowie www.tanztendenz.de

Veranstaltet von Judith Hummel und Heidi Schnirch

Mit freundlicher Unterstützung des Kulturreferats der LH München und
in Kooperation mit Tanztendenz München e.V., Judith Hummel ist Mitglied
des Tanztendenz München e.V.

Grafik: Stephanie Roderer

Photo: Harry Jordon

Dieses Projekt wird gefördert von der



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