Gastkurs im April 2018:

Movement, Contact Improvisation and Performance presence

I use dance and the practice of Contact Improvisation (CI) as a tool of communication. Learning and using this tool allows us to redefine the meaning of “dance”. Shifting the focus from how it looks and is perceived “out there” to how it feels and nourishes us “in here”. Dance as a metaphor and vehicle through which we can see the many options we have for moving, and thinking with our body-minds. Seen in this light, dance can be used as perfect joyful excuse to practice breath, presence, and creativity, as well as deepen our awareness to the power of touch in our life. Giving care and attention to our body, and taking the time to be and dance with others offers a way to respect the creative intelligence which is moving us in life.

This workshop will focus on

- Learning various skill sets for both solo dancing and Contact Improvisation dancing
- Discovering our true self-expression and the poetry of our body
- Working and blending elements from Zen Shiatsu, improvisational performance and contact improvisation
- Talking about the development of CI and its actual political and social dimensions

Unterrichtssprache englisch

**Dozent:**
Tal Shibi aus Jerusalem: Tänzer, Choreograph und Shiatsu/Watsu Therapeut

**Termin:**
Sa, 7.4.2018, 10-16.30h (mit Mittagspause)
im Musik- und Bewegungsraum S 036

**Teilnahmegebühr:**
Für alle Studierenden der Fakultät Angewandte Sozial- und Gesundheitswissenschaften 20€, für Alumni und Externe 25€.
Anmeldung ab sofort bei sekretariat-s@oth-regensburg.de

Zulassung nach Anmeldeeingang – Sie erhalten eine Bestätigung.