

Bern Project

in the *'grey November'*...

come and dance with us to bring some

colours in the city!

During this workshop, we will improvise in public spaces and create short site specific performances.

We will first warm up the body to open our perceptions, slide from internal to external focus and bring us in a dance state. Then we will connect us as a group within the urban environment, let ourselves be inspired by the architectural shapes and start a dialogue between body and city landscapes.

This will lead us to instant group composition, by trusting in the dance that wants to grow at that given moment.

The people passing by will be our spontaneous audience for a little while.

We will try different spots, with more or less pedestrians around.

Each surrounding will suggest to us different movement qualities and will call forth different imagined things and stories.

We will also take some time inside to get warm again and to reflect our experiences.

Manuela Blanchard Russi (Bern, Switzerland) has been teaching contact and group improvisation for the past 7 years after having trained and performed in dance (contemporary, butoh, BMC), physical theatre and clown.

For more informations, please visit www.earthandwaterdance.com.

Georgia Petrali (Heraklion, Greece) studied ballet, contemporary dance, contact improvisation and instant composition in England and Holland. After having collaborated with various dance companies and choreographers, in 2006, she founded the Fysalida Dance Company based in Crete. Georgia is teaching, dancing and choreographing in Greece and abroad for the past 12 years.

More about her 'dance movements' on www.fysalidance.com

Place: **Bern**, in parks and other places in the city center
some time in studio and cafés to warm up.

Time: **Saturday 5 November** 2011

10:00-17:00 with breaks

Price: 100 CHF.

reduced fee possible for low incomes (ask us in advance, please).

The workshop will be taught in English.

We speak also German, French and Greek.

Contact and registration until 3/11/2011:

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