

Breathe in Contact, Contact Impro & BMC®, Félix Arjona & Eva Maes, Sat Nov 24, 10h-18h30 & Sun Nov 25, 10h30-14h, Studio Hybrid, Bxl



This co-taught workshop (Félix Arjona & Eva Maes) wants to offer an in-depth exploration of our 'contact-dance', based on the approach of Contact Improvisation as well as on Body-Mind Centering®. We are looking for new avenues for improvisation, composition, inspiration, dance.....From diverse dynamics, games and tools we will try to create a relational and aesthetic experience that stimulates our personal creative potential and collective and intuitive intelligence of the body: the body that knows and vibrates. From this we will develop the state of concentration and contemplation, activating the senses and active imagination. Uncovering and revealing several layers of our intelligence and body power to through the practices in the room, we expand the field of perception with which understand, intuit and discern our daily life. We contacted with and expand the meaning we have of our living body, surprising ourselves through the sensitivity of certain stimuli everyday life. We will base our work partly in the exploration of the early in vertebrate movement patterns, as described in the work of Body-Mind Centering: vibration, cellular flow and fluid, sponging and pulsing. Through hands-on work, movement exploration, contact and other anatomical insights the support- both physical as well as mental- from these developmental stages will be explored. Relational and compositional aspects of these explorations will be encountered through stillness, movement and dance. Feeding, nourishing our contact- dance. The workshop is open to anyone who has a sincere interest in exploring, articulating, learning from the physical roots of our 'being'. Previous experience with contact improvisation and/ or Body-Mind Centering® is welcome, but not necessary to enjoy participating in this workshop.

For those who participated in the 'Breathe in contact workshop' in November of 2018: we take care that we will layer new material in the workshop, and deepen together...

We will teach in English, but will translate in French and/or Dutch if needed. There will be a contact class & jam organized by BruJam on Sunday, right after the workshop.

Teaching Team: Félix Arjona, Eva Maes

Place: Studio Hybrid, rue de l'Intendant 111, 1080 Brussel

Date: Sat Nov 24, 10h-18h30, Sun Nov 25, 10h30-14h

Price: 110 euro for the workshop(Class & Contact Jam BruJam Sun 14h-20h: contributions to Bru Jam)

Info & Reservation: evamaes@hotmail.com

<http://www.evamaes.wordpress.com>

If you are interested to participate or would like to receive more info, have questions: please contact me at evamaes@hotmail.com

Your reservation(s) will be confirmed after payment of a deposit of 20 euro/series of clases or workshop that you would like to attend. Full payment is due 10 days before the start of the class or workshop. Thank you for transferring your deposit and/or participant's fee to:

Name account number: Eva Maes

Account number: IBAN BE13953124603539 SWIFT CODE CTBKBEBX

Communication: mimicry project, your name, date & name of the workshop you will participate in.

Thank you! ¡Gracias!

Bio's

Eva Maes (BE) studied dance at the International program at Cunningham Dance Studio (1999-2001, NY, USA). During her training period in New York, she had a chance to study also with Janet Panetta (Classical Dance); Dianne Madden, Mariah Maloney (Trisha Brown Technique & Repertory), Barbarah Mahler (Klein Technique), K.J. Holmes, Vicky Shick, ea. In 2003 she met the improvisational work of Lisa Nelson's, leading to more workshops and collaborations with her and within the group 'Tuning Space- Brussels'. In the same period she started her studies at the School for Body-Mind Centering® (Chiemsee, GER and Northampton, USA), where she graduated in 2006 as a Body-Mind Centering® Practitioner (Somatic Movement Education & Therapy). She holds a Bachelor Degree and Teacher Training Degree from the Koninklijk Conservatorium Antwerpen, School of Arts. She has been assisting Bonnie Bainbridge Cohen in various workshops in NY, Brussels, Bratislava, Berlin, Amsterdam as well as for Soma in Paris. Other collaborations in dance: Chantal Yzermans/Radical Low (NY, 2004), Anouk Llaurens (Brussels, 2007, 2008 and 2013('Visions')). In 2015 she co-organised together with the Body-Mind Centering Association 'Tracing RefleCTIONS-RefleXions', the 2015 BMCA European Conference in Ghent. She is a professional member of the 'Body-Mind Centering Association'. She is engaging into the *s e n s a r t*-initiative.

Felix Arjona (ES) is a restless dancer and performer. He studied Contemporary dance at CAD and Endanza in Seville and finished his studies at Tanzakademie Balance 1 Berlin in 2008. He specialized in Acting and Contact Improvisation. In Berlin he gained significant experience integrating the Butoh Dance Collective and CI O.G.M., and developed his firsts projects such as *The Time Machina*, and solo performance *The Cabine*. Various other projects ensued, both as a creative and interpreter, like *Yellow Monday*, *Brandscapes*, *Party? ...like it* and *AADK's Welcome to Europe*

He received further training Guillermo Weickert, Juan Luis Matilla, Álvaro Frutos, Horacio Macuacua, Laura Morales Davila, and particularly in CI with Danni Pedrero, Danni and Ecki, Christiane Boullosa, Bruno Caverna, Karl Frost, Otto Akanen, Alyssa Lines, Asaf Bachrach, Linda Bufali, amongst others. Since 2008 he is expanding his work in Contact Improvisation Dance, participating in several festivals, conferences and workshops. He taught in various educational centers and institutions, such as the Universidad Pablo Olavide (Masters in Physical Education and Art Therapy and Art Therapy Program), the Conservatorio Superior de Danza Antonio Ruiz Soler and the Asociación Proexdra (Curso de Lenguajes Corporales y Creativos) in Sevilla. He organizes and teaches at the Asturias Contact Festival and at various other contact festivals.

Body-Mind Centering® is an approach to movement observation, research and therapy, artistic inspiration initiated by Bonnie Bainbridge Cohen, founder of the School for Body- Mind Centering. Exploring the language of the 'moving body' through the whole spectrum of anatomical structures (bones, muscles, organs, glands, ligaments, nervous system, 'fluids', senses, ...). Attending to the developmental roots of our movement patterns, through guided movement, through hands-on (touch), through improvisation. This approach to movement analysis and re-education may offer new avenues to help with movement problems, stress reduction, may help to gain a deeper understanding of the relationship between body and mind. Both in workshops and in individual sessions, we use movement and hand-on work to become more aware of the relationships that exist throughout our body/mind and to act from this awareness. Body-Mind Centering is creating new avenues for movement analysis and re-education and can help people with movement problems and stress reduction. Both individual sessions and classes are open to people who experience injuries and/or pain, developmental and/or nervous system-related challenges, who would like to learn to relax more, who want to develop more effective movement (dancers, children and adults with altered movement patterns, athletes, ...), who have a sincere interest in exploring, articulating, learning from the physical roots of our 'being'. In Bonnie Bainbridge Cohen's words: 'In BMC we are the material, our bodies and minds the medium of our exploration. The research is experiential as is the material. We are each the study, the student, the teacher.'*

www.bodymindcentering.com

www.bmcassociation.org

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