

Workshop Feldenkrais et Dance Contact Improvisation

Saturday 12 and Sunday 13 October 2024 /

Studio Chronos, Elisabethenstr.22, 4051 Basel

« Moving from the Center »



Facilitated by Michel Casanovas et Patrick Collaud

Each day of the course begins with a Feldenkrais session, awareness through movement. A sensory exploration through slow sequences of movements on the ground, allowing you to achieve more finely the quality of effort really necessary, thus freeing yourself from parasitic tensions and above all discovering new connections of physical, mental and emotional organization.

This session continues with crossings on the ground then standing, inviting larger, more complex and dynamic movements.

The subtle and sensitive inner listening to oneself generated by the Feldenkrais session is thus transposed into the relationship with others with the contact improvisation dance session in the sensitive and non-verbal exchange of physical contact.

The work revolves around the sense of touch and the play with gravity in space. First through guided creative explorations and variations, in pairs, then through free group improvisations

The day concludes with a short Feldenkrais session to quietly integrate all the new information and impulses generated in the intensity of the creative exchange...

This approach, in respectful listening to oneself and others, nevertheless invites a high quality of presence and attention over a long period, which is also the challenge and the richness of this course...



Michel Casanovas is a dancer, choreographer and certified practitioner in the Feldenkrais method (Training Basel III, 2004-2008, with Paul Rubin and Julie Casson-Rubin). He worked in various companies in France, Belgium and especially in Switzerland; in 1996 he was co-founder of the Morespace Company with Patrick Collaud; together they have carried out numerous dance- theatre projects, among others "Heart of Darkness", "Isola", "Le Corps Déporté, *voyage d'un cheminot*".

He continues his creative work and his teaching between India, Switzerland and the South of France, notably in Collioure where in 2015 he founded ONA, an association for the promotion of the Feldenkrais method, contemporary dance and improvisation .

www.onacollioure.net



Patrick Collaud was trained as a stage dancer by Regina Baumgart in Berlin. Continuing training in Feldenkrais, Alexander, Body Mind Centering, ballet, contemporary dance and theater. He has been practicing contact improvisation since a young age and has been teaching this form for over 30 years in different contexts.

He now works as a dance teacher and psychomotor therapist in Bern. He is also co-founder of a dialogic bodywork which draws on his experience of contact dance improvisation.

www.patrickcollaud.ch

Time : Saturday from 13h to 19h / Sunday from 10h to 16h.

Cost : 280-frs, *early bird* till 12 septembre, 300-frs later.

Contact : casanovas.michel@yahoo.fr / 0033 6 23 93 23 33 (also WhatsApp)