

Contact Improvisation (all levels)

Instructor: Leah Stein

Date/Time: Sunday, July 16, 10:00-11:30am

Location: Open Door Integrative Wellness

Description: Contact Improvisation is a dance form practiced worldwide whose foundation is a spontaneous and tuned awareness to the moment - through sensation and negotiation of gravity and energy in one's own body, and in relation to others.

In this workshop we will work individually, as well as in partners and groups. We will practice the give and take of weight, learning to notice rather than judge, and allowing the body to respond in the moment. We will experience how the roles of leader and follower are shared, exchanged, and often dissolve.

Bio: Dancer, choreographer, educator Leah Stein creates collaborative site-specific performance projects including large choral dance works as well as intimate small-scale movement works. An avid improviser, she founded Leah Stein Dance Company in 2001 in Philadelphia where her site-specific dances have been performed nationally and internationally in train garages, open fields, vacant city lots, gardens, burial grounds and numerous historic sites. In 2019, Leah received a MacDowell Fellowship supporting her ongoing collaborations with composers, musicians and poets. Leah engaged in a yearlong research project with legendary composer Pauline Oliveros to develop Pauline's Deep Listening practice with singers and dancers. This research is the foundation of Leah's current teaching.