

TJDF 2024 WORKSHOP ARTIST

Leah Stein - July 13, 3:30-5:00pm at Lebanon Ballet School

Contact Improvisation

Contact Improvisation (CI) is an improvisational dance form open to all. In this Introductory workshop, we will explore the physics of movement and the force of gravity. We will practice the mechanics of weight sharing and tune our senses to the playfulness of improvisation. Often a duet form, we will work in partners, as well as solo, and in groups, practicing the give and take of weight, learning to notice rather than judge, allowing the body to respond in the moment as the roles of leader and follower are shared, exchanged, and often dissolve. This workshop is open to all levels, new comers and seasoned dancers alike. We will learn together in a relaxed environment, where everyone is welcome. (Ages 15+)

Leah Stein is a seasoned movement artist, choreographer, improviser and educator. She has been making dances, teaching Movement Improvisation and Contact Improvisation for over 25 years. Based in Philadelphia, she has been living in Windsor since 2020 and is enjoying getting to know the creatives and dance communities in the Upper Valley.



Photo by Len Perry