



Contact Improvisation with Vega Luukkonen

Throughout this weekend we weave together Contact Improvisation & somatics to invite ourselves to feel deeply at home in the body and in movement. We will flow in and out of contact, viewing the dance as a playful dialogue, which breathes freely in time and space.

Composing the dance, composing the contact.

I will offer explorative exercises, as well as clear technical tools and pathways to understand underlying physical principles of contact improvisation. We'll spend time with the floor, sensing gravity, studying how our bodies function.

What makes our movement effortless and efficient? How do we align our bones to create support and ease in our movement?

Becoming comfortable with not knowing.

We call in qualities of elasticity & liquidity, and how developing multidirectional availability opens up more possibilities in our movement.

Sharing weight and finding the subtle details and articulation of our shared architectures, will bring us into moving together through levels, through the space & in and out of contact. Using our breath to find synchronicity helps us to 'tune in' together.

We will explore ideas around falling and flying. By researching the subtle mechanics of 'small dance' and suspension, we progress towards using momentum and spirals of the body to enter fluid ways to lift each other, using the momentum of the fall into 'catching a ride'. We can look at "lifting" being rather a small weight-exchange through the space - falling into each other - than something big and spectacular.

We will also research how to use our arms and wings as extension of our spine. Arms can be a beautiful pathway to find entrances into lifts, and create space and time in our dances. Breathing in and out of contact. Working with the frame and structure of the arms, we create ways to connect to the space and find counterbalance in the body, providing frames to both lift and be lifted, and offer structures to be explored. Awareness and presence are helping us to expand the choices and possibilities in our dance. Cultivating conscious listening, breathing, giving and receiving.

Material alternates between contact- and solo tasks, towards trios and group-scores.

Technique and Poetry.

Structure and Freedom.

Playful Beings in Motion.



Vega Luukkonen (Finland): I am a dancer, dance-teacher, performance-artist and bodyworker made in Finland.

I have studied dance- and theatre pedagogy in Finland, Helsinki - in Theatre Academy of Finland, from where I got my master's degree 2008. Though - I would say my dearest school in contact-improvisation has been the Finnish contact community, where I have learned so much from my colleagues, friends and fellow dancers, by sharing the dance and rolling point already 30 years...

Some dancers and teachers have been big inspiration for me. Joerg Hassmann, Mirva Mäkinen, Hugh Stanier, Iris Raipala, and many

others have influenced me with their beautiful ways to deliver this dance form.

Contact Improvisation has been in my life since I was a teenager ! So - I've gone through many kinds of chapters with this practice. Recently I'm more and more interested in details, fine tuning, listening, presence. Accompanied with deeper understanding of underlying principles of contact improvisation.

How can we break our patterns, explore un-known, improvise with the tools of contact improvisation ? I am interested in the state of mind and body, where we can be open into multiple directions, change, choose, re-direct and play.

Breath plays as well big part in my dancing. It brings me naturally into moments of momentum, falling, flying, swinging and bouncing. In my teaching I'm always weaving in somatics, experiential anatomy and explorative approaches to improvise, as well bringing in specific technical tools and pathways to find ease and efficiency to move in our solo-bodies, as well with others.

In each session we will have time to arrive and land to our own bodies, to tune in and be still and breath. From meeting the floor we develop and evolve into moving in different levels. Organically building up trust and confidence to move towards each other and the space.

Useful information :

Information and inscriptions by email at info@contactimprogeneve.ch or by phone +41 79 478 95 84 (Wassim)

Schedule :

- Friday 21st of November (studio Lapzeson 2nd floor): from 7:00pm to 9:00pm
- Saturday 22nd of November : from 10am to 6pm (studio Lapzeson 2nd floor)
- Sunday 23rd of November : from 10am to 1pm (studio 3rd floor) and from 2pm to 5pm (studio Lapzeson 2nd floor)

Place :

Le Grütli : Rue du Général-Dufour 16, 1204 Genève

<https://goo.gl/maps/4i1QZAnDAs5q1KXeA>

Price:

- *early bird* until the 31st of October : CHF 150.-
Full amount to be paid before the 31st of October to confirm your inscription
- **Standard price** : CHF 180.-
Deposit payment of CHF 50.- to confirm your inscription

Account details / Twint:

Thank you for specifying « Vega Luukkonen Workshop » in the object of the payment

Recipient of the account:

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